

General Information about Lead

In Port Pirie, lead is present in the air, soil and dust around us.

Where lead is present in the atmosphere, it finds its way into our homes.

Lead dust gets into our homes on shoes and clothes, on children's toys, ceiling fans, airconditioner vents and filters and through windows and doors.

Simple measures like dusting with a damp cloth and removing outdoor shoes help to keep our homes cleaner and safer.

Home cleaning requires a few special but simple techniques

For example:

- > Throw away the feather duster. It will only spread the dust, not pick it up
- > Damp mop rather than sweep
- > Close windows and doors on windy days.

Keeping lead levels low Indoors



For more information

Environmental Health Centre
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www.health.sa.gov.au
www.pirie.sa.gov.au
www.pprhs.sa.gov.au

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

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FIS: 9052. Printed July 2009.

Keeping lead levels low Indoors

Lead Smart Indoor Tips

Wash and dry your hands before preparing food/drinks, feeding children and eating or drinking.



Handwashing and drying is still one of the most effective ways to keep lead out of the body.

Damp wipe kitchen surfaces and ensure all equipment is clean before preparing food and drinks.

Lead dust settles on kitchen surfaces and equipment.



Sit at the table or put baby in a high chair when eating. Discard any food that falls on the floor.

It only takes a small amount of lead dust to give a baby an elevated blood lead level (about the size of a pin head).



Don't drink or use rainwater for preparation of food and drinks or for cooking.

Lead dust collects on your roof and is washed into your rainwater tank when it rains. Boiling rainwater will not get rid of lead it only concentrates it.

Start the day with a healthy breakfast. Milk and yoghurt are good sources of calcium and should be included as part of your breakfast.



Calcium helps reduce the amount of lead absorbed in the stomach. If the body is not getting enough calcium it thinks that the lead it is absorbing is calcium and will store it in your bones.

Give young children small frequent meals and healthy snacks during the day.

Children absorb less lead when they have a stomach full of healthy food. If the stomach is empty lead has nothing to compete with.



Wash all fruit and vegetables with tap water before using them.

This removes any lead dust that may have settled on them.



Damp mop, damp dust and vacuum rather than sweeping and using a dry duster. Ensure all children are removed from the room when vacuuming and that the dust from the vacuum cleaner is placed in the bin.



Sweeping and using a dry duster causes lead dust to swirl around the room and settle on other surfaces. Lead is also suspended in the air after vacuum cleaning and takes about one hour to settle.

Dry dishes and put them away rather than leaving them to dry on a rack.

This ensures lead dust does not settle on them.



Seal all cracks and cornices in your house.

This prevents lead dust falling into rooms as lead dust collects in ceilings.

Evaporative air cooling pads need to be wet before use.

This prevents lead dust being blown inside.