Shower and wash your hands before leaving work if you can.
Change clothes and shoes before leaving work.

Painting or stripping cars, bikes, or bicycles.
Eating from leaded cookware.
Drinking liquids that have lead in them.
Living in or having lived in a place with high lead levels in the air or soil.

If you work at these jobs or live with someone who does, you may be at risk.

What can cause lead poisoning?

What jobs may have lead risk?

Could you be taking lead home?
The best way to keep lead dust out of your home is to keep it from leaving work.

• Artists
• Auto repairers
• Construction workers
• Firing range instructors and gunsmiths
• Steel welders
• Plumbers and pipe fitters
• Police officers
• Manufacturers and recyclers of metal, electronics, and batteries
• Shipbuilders
• Solid waste incinerator operators
• Painters

Resources:
• Contact Wisconsin Occupational Health at 608-266-1120 or visit dhs.wi.gov/adult-lead/workers.htm.
• You can also ask questions about lead and work by contacting CDC-INFO at 800-CDC-INFO (800-232-4636) or at https://wwwn.cdc.gov/dcs/ContactUs/Form.

Talk to your doctor:
• If you work with lead at work or at home.
• About a blood lead test. Adults who are lead poisoned may have serious health problems without knowing it.
• About testing children and pregnant women in your house. Your doctor, health clinic, or local health department can help.
Lead can make you and your baby sick and cause lifelong health problems.

Lead in your body can:
- Put you at risk of miscarriage or stillbirth.
- Cause high blood pressure in pregnancy.
- Cause your baby to be born too early or too small.
- Hurt your baby’s brain, kidneys, and nervous system.
- Cause your child to have learning or behavior problems.

What can pregnant women do to stay safe from lead?
- Get every blood test and checkup that your doctor recommends. Lead levels can go up in pregnancy, even if you are not currently working with lead. Your doctor may decide your levels have to be checked every month or more.
- Take yourself away from the lead source. Remember that this is the most important way to lower lead levels in your body. Your doctor may help you learn more about lowering your lead levels.
- Make sure your baby gets every blood lead test and checkup that your doctor recommends.
- Keep out of work areas during repair or remodeling of a house built before 1978.

Talk to your doctor:
- If you work in a job where you are exposed to lead. Tell them you may have been exposed to lead. Your doctor may order a blood lead level test to find out if you have a lead level that needs to be followed throughout pregnancy.
- If you take any medication or vitamins. Lead is found in some herbal remedies and supplements.
- If you are eating any non-food items, such as soil or clay.

Is it safe to breastfeed if I have come in contact with lead?
- Check with your doctor. Tell them you want to breastfeed your baby but may have been exposed to lead.
- Most women who have been exposed to lead can breastfeed. Unless you have very high blood lead levels (more than 40 µg/dL), breastfeeding is usually recommended. Check with your doctor to be sure.

Resources:
- Check with your doctor who has the most information on you and your pregnancy.
- Contact Wisconsin Occupational Health at 608-266-1120 or visit dhs.wi.gov/adult-lead/workers.htm.
- Learn more about lead and pregnancy for workers; visit: https://www.cdc.gov/niosh/topics/repro/heavymetals.html.
- Learn more about lead and breastfeeding; visit: https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/environmental-exposures/lead.html.

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