

## New health dangers from lead: What you need to know, What you need to do

**T**here is new medical evidence that levels of lead we once thought were harmless are actually toxic. Studies in recent years show that low levels of lead in adults can:

- ▶ **Increase blood pressure** may increase the risk of having a heart attack or stroke.
- ▶ **Decrease brain function** making it more difficult to think, learn, and remember.
- ▶ **Decrease kidney function** making it more difficult to get rid of toxic waste products through urine.
- ▶ **Harm the physical and mental development of a baby before it's born.**
- ▶ **Increase the risk of having a miscarriage.**

This damage can be permanent. It can occur even if workers have no symptoms, and may not show up until years after workers are exposed. Some of the harmful effects of lead have been seen at very low levels. Scientists and doctors now recommend that blood lead levels in adults be kept below 10 µg/dL and below 5 µg/dL for pregnant women or women considering pregnancy.

**Your employees can have harmful levels of lead in their blood even if you follow the Cal/OSHA lead standards.**



### What should I do?

If your business uses or disturbs lead or lead-containing materials, you should provide blood lead level testing to your employees. Cal/OSHA requires that you provide a blood lead level test for any employee that has significant exposure to lead at work. If any of your employees has a blood lead level of 10 µg/dL or greater, you need to take steps to lower worker exposure.

### Where can I get help?

OLPPP has developed several educational and training materials to provide you with more detailed information on low-level health effects from lead and how to reduce worker lead exposure. See the enclosed form to order these materials. In addition, OLPPP can provide technical assistance to California businesses who are trying to reduce worker exposure to lead. See Resources on back for how to contact OLPPP.

# Resources

**T**o find out more about what you can do to protect your employees:

- ▶ Lead in the Workplace Helpline  
**(866) 627-1587**
- ▶ Occupational Lead Poisoning Prevention Program  
**[www.cdph.ca.gov/programs/olppp](http://www.cdph.ca.gov/programs/olppp)**
- ▶ Medical providers that provide employee blood lead level testing  
**[www.cdph.ca.gov/programs/olppp/pages/BLLtesters.aspx](http://www.cdph.ca.gov/programs/olppp/pages/BLLtesters.aspx)**
- ▶ Workplace Hazard Helpline - Information about hazards other than lead  
**(866) 282-5516**



## Occupational Lead Poisoning Prevention Program

Occupational Health Branch  
850 Marina Bay Parkway, Building P, 3rd Floor  
Richmond, CA 94804  
(510) 620-5757  
(510) 620-5743 fax  
CA Relay Service (800) 735-2929 or 711  
[www.cdph.ca.gov/programs/ohb](http://www.cdph.ca.gov/programs/ohb)

To obtain a copy of this pamphlet in an alternate format, please contact OHB at (510) 620-5757. Please allow at least 10 working days to coordinate alternate format services.



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**Occupational Lead Poisoning  
Prevention Program**

Occupational Health Branch  
850 Marina Bay Parkway, Building P, 3rd Floor  
Richmond, CA 94804

*Return Service Requested*



**From the Occupational Lead Poisoning Prevention Program...**

Please indicate number you wish to order  
(limit of one copy for orders from outside California):

**New Materials Available for Employers**  
**ORDER TODAY!**

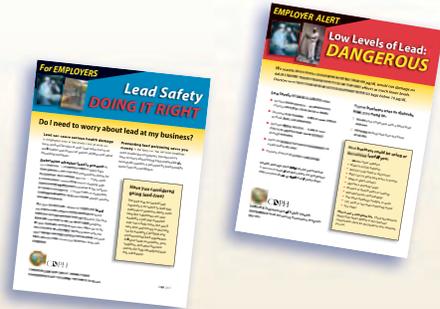
Quantity

**Employer Alert - Low Levels of Lead: Dangerous**

2-page alert highlights key medical developments and provides guidance on how to get your employees tested for lead.

**Lead Safety – Doing It Right!**

Easy-to-use pamphlet provides step-by-step guidance on how to put together a lead safety program that works. (6 pages)



**▶ FOR YOUR EMPLOYEES Training and Informational Materials**  
To help you meet your Cal/OSHA requirement to train employees

Quantity

English

Spanish

**Workplace Hazard Alert – New Health Dangers from Lead**

Colorful, easy-to-read brochure on lead at the workplace is sure to motivate employees to do their part to keep the workplace safe. Available in English and Spanish.



**VIDEOS**

**Lead's Revenge – La Venganza del Plomo**

DVD highlights lead hazards and ladder safety in residential painting. Great for use in tailgate trainings. (17 min., English/Spanish, no subtitles)

**He's Not the Man I Married... Could it be Lead?  
No es el hombre con quien me casé... ¿Será el plomo?**

Motivational worker video highlights lead safety in various general industry and manufacturing settings. (16 min., English/Spanish, no subtitles)



Name \_\_\_\_\_ Title \_\_\_\_\_

Company \_\_\_\_\_ Type of Business \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

I would like to receive program newsletters by e-mail if available in the future.



Mail or fax this form to: **Occupational Lead Poisoning Prevention Program (OLPPP)**

California Department of Public Health  
850 Marina Bay Parkway, Building P-3  
Richmond, CA 94804

(510) 620-5757  
(510) 620-5743 fax  
olppp@cdph.ca.gov  
www.cdph.ca.gov/olppp