

Dust from lead paint is the most common cause of childhood lead poisoning in Maine.



Lead dust collects on floors and other surfaces where children put their hands and play with toys. Children, especially those under 3, often put their hands and toys in their mouths. This makes it very easy to swallow lead dust and damage their growing bodies and minds.

Lead can cause:

- Learning disabilities
- Behavior problems
- Hearing damage
- Language or speech delays
- Lower intelligence

While lead paint can be found in houses built before 1978, most lead paint is found in homes built before 1950. Renovation, repair and painting projects in these older homes can create a lot of lead dust.

Will your project put *your* child at risk?

Follow these steps for lead-safe work:

1 **Protect your family and neighbors.**

Keep children, pregnant women and pets out of the work area.

2 **Prepare the work area.**

The better you prepare your work area the easier it is to clean up lead dust at the end of the project.

- Clear the room of all moveable items including curtains.
- Cover the floors, any non-moveable items, and heating/air-conditioning vents (turn these off) with heavy (6-mil) plastic. Seal the edges with duct tape. Close doors and windows and cover with plastic, too.
- Bring all tools and supplies into the room before you begin to avoid tracking lead dust to other parts of the house.

3 **Protect yourself from lead.**

- Wear safety glasses, disposable gloves and shoe covers. Wear a respirator with a N100 filter if you will create a lot of dust.
- Don't eat, drink or smoke in the work area.

4 **Work wet. Don't dry sand or scrape.**

Make as little lead dust as possible while you work.

- Use wet sanding sponges or wet/dry sand paper when sanding.
- Fill a spray bottle with water. Use it to mist painted surfaces before you sand, scrape, saw or drill. Keep spraying lightly as you work.

Don't use:

- An open flame torch or a heat gun that operates above 700°
- Power sanders or grinders (unless shrouded and attached to a HEPA* vacuum)

5 **Work clean.**

Clean yourself carefully at the end of each work day so you don't bring lead dust to your family.

- Change out of your work clothes before leaving the work area and place dirty clothes in a garbage bag to wash separate from family laundry.
- Wash your face and hands immediately, and shower and wash hair as soon as possible.

Take special care at final cleanup.

- Pick up any trash, chips and other debris and double bag in heavy garbage bags. Seal with duct tape.
- Mist the plastic sheeting before carefully folding or rolling inward to contain all the dust. Double bag and seal this, too.
- Use vacuum, HEPA* if available, to carefully vacuum the entire work room.
- Use water and an all-purpose cleaner to wash walls, window components, and floors. Work from the top down. Use disposable rags or paper towels and mop heads.
- Fill a clean bucket with rinse water and repeat wiping down all surfaces and floors with wet disposable rags and mops.

*A HEPA vacuum is different than a regular household vacuum. It contains a special filter to trap lead dust and other very small particles.

Shopping List for Lead-Safe Work

You may already have these items.

FOR THE WORK:

- 6 mil Plastic Sheeting (enough to cover work area)
- Duct Tape
- Wet Sanding Sponges or Wet Dry Sandpaper

FOR PERSONAL PROTECTION:

- Respirator (if work will produce dust)
- Shoe Covers
- Disposable Gloves

FOR CLEANING:

- All-Purpose Cleaner
- Spray Bottle
- Paper Towels or Disposable Rags
- Buckets

For more information

Childhood Lead Poisoning Prevention Program
Lead Poisoning Prevention Fund
1-866-292-3474
www.maine.gov/healthyhomes

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5 Steps for Lead-Safe Work

- 1 Protect your family and neighbors.**
Keep children and pregnant woman out of the work area.
- 2 Prepare the work area.**
Keep dust inside the work area.
- 3 Protect yourself from dust and debris.**
Wear protective gear. Don't eat, drink or smoke in the work area.
- 4 Work wet. Don't dry sand or scrape.**
To create as little dust as possible, choose wet methods.
- 5 Work Clean.**
Clean up in lead-safe ways. Dispose of dust and debris in lead-safe ways.

See inside for details.



*Caring..Responsive..Well-Managed
We are DHHS.*

CAUTION!

*If you paint or fix up your house,
protect your family from*

LEAD PAINT DUST



Will your project put your child at risk?

See inside for easy steps to prevent a lead dust problem.

