

# Lead on LEAD

A Factsheet for  
Concerned Parents  
and Homeowners

## Highlights

- ▶ **Secrets You Need to Know Before You Begin**
- ▶ **Tips, Tricks and Advice To Use While Working**
- ▶ **Cost-cutting Ideas To Fit Your Budget**

## Inside

- ▶ **How Cleaning Can Effectively Reduce The Risk Of Lead Exposure**
- ▶ **How To Safely Reduce Lead Exposure In Your Home**
- ▶ **How To Find Out More About Lead Poisoning Prevention**

## Reducing exposure in the home can protect family

*Experts say that lead removal from the home can prevent childhood lead poisoning*



Reducing the risk of lead exposure in your home is the most important step

you can take to protect your family from the dangers associated with lead poisoning. However, when lead is not properly removed from its source, an existing problem can be made worse. Many cases of lead poisoning occur when homes containing lead-based paint are remodeled or renovated without safety precautions being taken.

The removal of lead from your home is not only important for the prevention of lead poisoning but also for the treatment of poisoned children. Your work area and all other surrounding areas must be properly secured so that further contamination by paint chips and lead dust does not occur.

It is important to know that doing the work yourself is **NEVER** advised. You should contact a certified lead worker when planning any home remodeling job that

may disturb painted surfaces for the safety of your family as well as your own.

### How to Protect Yourself and Your Work Area

To protect yourself and your work area, make sure you have the items on this checklist:

- ▶ Protective clothing (such as disposable gloves, safety goggles, shoe covers, a hat, and overalls)
- ▶ A fitted respirator (with HEPA filters)
- ▶ Disposable cloths or paper towels
- ▶ Heavy-duty plastic sheeting
- ▶ Heavy-duty plastic bags
- ▶ Duct tape
- ▶ Mops and buckets
- ▶ Vacuum cleaner (with HEPA filters) or a wet/dry vacuum
- ▶ Empty spray bottles
- ▶ All-purpose cleaner

Respirators and plastic sheeting can be found at most retail stores where paint products are sold (for example, NAPA

Auto Parts or Lowe's). Check to see if there are any stores in your area that may allow the respirator and vacuum cleaner to be rented.



### Before You Begin

Remove or cover any exposed items such as furniture, curtains, clothing, carpet or food. Tape shut refrigerators and freezers to prevent the food inside from lead dust contamination.

Turn off all forced air-conditioning and heating units to keep lead dust from spreading throughout the house. Use the plastic to cover the vents to prevent lead dust from settling in the air ducts.

Cover and seal all windows and entries to the work area and use only one doorway to enter the work area.

### During

Keep children and pregnant women away from the area until all of the work is completed.

Do not eat, drink or smoke in work areas.

For surfaces that have peeling or chipping paint, use a spray bottle to wet the surface before handling paint chips to help keep lead dust down. **NEVER** scrape, sand or use a heat gun on dry painted surfaces. Only certified

lead contractors should do extensive home remodeling work.

Put gloves on and use a mixture of all-purpose cleaner and water to wet-wipe windowsills, wells, moldings and baseboards. Wet-sweep the floors by spraying the floor with the same mixture and then sweeping. Finish by mopping floors, steps, and corners and under furniture. Cleaning and washing surfaces is important because it helps to remove lead dust and debris.

Remember to wear protective clothing while in work areas and remember to change your clothes before leaving.

## After

Clean up work areas thoroughly. Carefully remove plastic coverings to prevent lead waste from spreading. Place debris and other lead waste in plastic bags and dispose of properly.

Do not use a broom or household vacuum cleaner to clean up the debris. This may cause lead dust to spread. Use a wet mop instead.

Wash all exposed areas with an all-purpose cleaning solution. Use separate buckets for cleaning solution and rinse water to



prevent lead from spreading to surfaces already cleaned.

Shower and wash hair when finished. Machine-wash all work clothes separately from your other laundry.

Have areas tested for lead dust contamination by a professional.

Have your child's blood lead level tested.

## Removing Old Paint

Most homes built before 1978 contain leaded paint. Do not try to remove old paint or plaster yourself. Contact the Alabama Department of Public Health for advice on how to handle lead-based paint problems.



Questions:

# ACLPPP

## Alabama Childhood Lead Poisoning Prevention Project

Alabama Department of Public Health  
RSA Tower, Suite 1350  
201 Monroe Street  
P.O. Box 303017  
Montgomery, Alabama 36130-3017  
1-800-545-1098 / 334-206-2966  
[www.adph.org/aclppp](http://www.adph.org/aclppp)



For more information on being Lead Safe while remodeling your older home contact:  
the Alabama Childhood Lead Poisoning Prevention Project (ACLPPP).  
Additional information may be obtained by calling the National Lead Hotline at 1-800-LEAD-FYI.