



# Leave lead at work. Prevention manual for workers' families

**Training & Facilitation Booklet**



## How to Use this Booklet

### Introduction

Many people are aware there may be lead in their homes or the environment, but for construction workers, the greatest risk of exposure may be at the worksite. Painters, ironworkers, laborers, and demolition crews working on lead-painted structures can be exposed to lead, but other types of tasks that involve contact with lead also have a high risk of exposure. There are workplace standards for lead safety, but workers and families play an important role in stopping lead from coming home from work and reducing lead in the home environment.

### The goals of this Booklet are to:

- 1) Provide background on the health risks of lead to adults and children, and how lead can be brought into the home from work.
- 2) Offer best practices at home that reduce the risk of bringing lead home.
- 3) Help you to prioritize your own take-home lead prevention goals as a family and create a plan for achieving them.

### Booklet Exercise

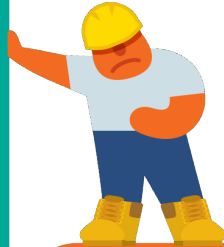
After reading *Lead and Your Family*, you can use the Take-Home Prevention Behavior Wheel, Scoring Sheet, and Family Action Plan to identify ways that you might change your home practices to reduce take home lead in your house. This short exercise takes you through some simple steps for prioritizing your take-home lead prevention goals. Finally, space is provided so that you can write down your goals to keep for your records.

# Lead and Your Family



## What is Lead?

- Lead can be found in old residential paint, in water or soil.
- Lead can be found in construction work, especially renovation, demolition, and metal work.
- Lead is dangerous for people when it gets in their bodies when it is inhaled or ingested.
- Lead particles are too small to see.
- Lead is hard to clean.



## Health Effects of Lead:

### Children:

- Lead can harm children's body systems and organs.
- It can cause behavior problems, learning problems, and trouble paying attention.
- In older children, lead can cause kidney problems and delays in puberty.

### Adults:

- Lead can cause headaches, stomachaches, nausea, tiredness, irritability, and high blood pressure, anemia, and reduced sperm count/abnormal sperm.
- In pregnant women, lead can cause the baby to be born too early or too small.

## How Can My Family Prevent Take-Home Lead Exposure?

- Shower first thing when getting home including washing your hair, before any contact with family members, if showering at work isn't possible.
- Store and wash work clothes separately from family's clothes.
- Wash children's toys, hands, highchair, and play areas often.
- Store worker items outside the home if possible, in plastic or washable bags, away from children and pets.
- Clean home and car (including car seat) often with vacuum and wet methods.

## How Can Lead Get into Your Child's Body?

- Lead can travel from work into the home on clothes, shoes, personal protective equipment, and personal items, such as glasses, cell phone, mug, lunch box, or bags.
- Lead can get into the air children breathe.
- Lead can get on children's hands and face. If children eat or drink without washing, they can swallow lead dust.
- Lead can get onto children's clothing if their clothing is washed with worker's contaminated clothing.



## What is Lead Testing? Why should I be Tested for Lead?

- Children or adults with lead in their blood do not look or act sick.
- A blood lead level (BLL) test is the only way to know if someone has lead poisoning.
- Children must have a lead test before starting daycare, Kindergarten, or preschool.
- Children's or adults' lead levels should not be over **3.5**
- If BLL is over **3.5**, then your doctor needs to do a follow up lead test.

## Steps at Home for Preventing Take-Home Lead



### Exercise

The goal of the following exercises is to make one or more positive changes to prevent bringing home lead from work. It can sometimes feel overwhelming to try to make many changes at once. For this reason, this exercise leads you through several simple steps to prioritize the changes that are the most important for you and your family. You will use the wheel, worksheet, and plan on the pages that follow.

### Familiarize Yourself with the Wheel

The wheel shows 6 different scenarios where it can be possible to make a change to prevent taking lead home from work. These scenarios include shower, children, storage, cleaning, vehicle, and laundry.

#### Action:

- Go around the wheel starting with shower and ending with laundry. You don't have to write anything down at this point, but you might find it helpful to make some notes on the wheel.
- Think about what you are currently doing at home for each of the 6 circles. In some situations, you may not be able to do what is recommended. No worries! the purpose of this exercise is to help you identify areas for improvement!
- Go over the Wheel Scoring Sheet and circle the face that shows how your family feels about that behavior. As a family, you may not completely agree about a rating, and that is fine. You can either come to a compromise on the rating, or skip it and we can come back to it later. The purpose of giving scores is to help your family to see what areas you are strong in, and what areas you would like to improve in.
- We will do the same activity with your family in one month to see where you improved, and where there might still be challenges to make changes. If there are challenges, we will work with your family to try to help you overcome them as best we can.

# Take-Home Prevention Behavior Wheel

## Laundry

- Wash worker's clothes separately from family clothes
- Separate worker's clothes from family clothes before washing
- If no machine at home, store in separate bags to take to laundromat later



## Shower

- Shower first thing at home if no option at work Always wash your hair
- Always change into clean clothes



## Vehicle

- Vacuum & clean inside car with soap & water
- If no option to leave at work, store clothes/boots in bag in trunk
- Clean car seat with soap & water



## Children

- Wash children's toys and play spaces often
- Wash children's hands before they eat
- Clean highchairs and eating surfaces before feeding



## Cleaning

- Clean floors regularly with soap & water
- Vacuum floors regularly
- Clean any surfaces that come in contact with worker's items

## Storage

- Store work items in plastic or washable bags Identify a place to store work items
- outside the home, if possible
- Make sure worker's items are stored out of reach of children & pets

# Take-Home Prevention Behavior Wheel Scoring Sheet

Your family/home members can work together on this activity. For the questions below, circle the face that shows how your family feels about that behavior. You may not completely agree about a rating, and that is fine. You can either come to a compromise on the rating, or skip it and we can come back to it later. The purpose of giving scores is to help your family to see what areas you are strong in, and what areas you would like to improve in.

We will do the same activity with your family in one month to see where you improved, and where there might still be challenges to make changes. If there are challenges, we will work with your family to try to help you overcome them as best we can.



You are **not happy** at all with where your family is with this behavior right now.



You are **neither happy nor unhappy** (so-so) with the behavior.



You are **very happy** with where your family is with this behavior right now.

## Shower



1. Worker showers before leaving work or first thing at home



2. Worker always washes their hair



3. Worker always change into clean clothes

## Laundry



4. Separate worker's clothes from family clothes before washing



5. Wash worker clothes separately from family clothes

---

## Children

---



6. Wash children's toys and play spaces often

---



7. Wash children's hands before they eat

---



8. Clean highchairs and eating surfaces before feeding

---

## Storage

---



9. Worker's items are stored out of reach of children and pets

---



10. Store work items in plastic or washable bags

---



11. Identify a place to store work items outside the home

---

## Cleaning the Home

---



12. Clean any surfaces that come into contact with worker items

---



13. Clean floors regularly with soap and water

---



14. Vacuum floors regularly

---

## Cleaning the Car

---



15. Vacuum and clean inside car with soap and water

---



16. Clean car seat with soap and water

---



17. If no option to leave at work, store clothes/boots in bag/container in trunk

---

## Additional Category (if needed)

---

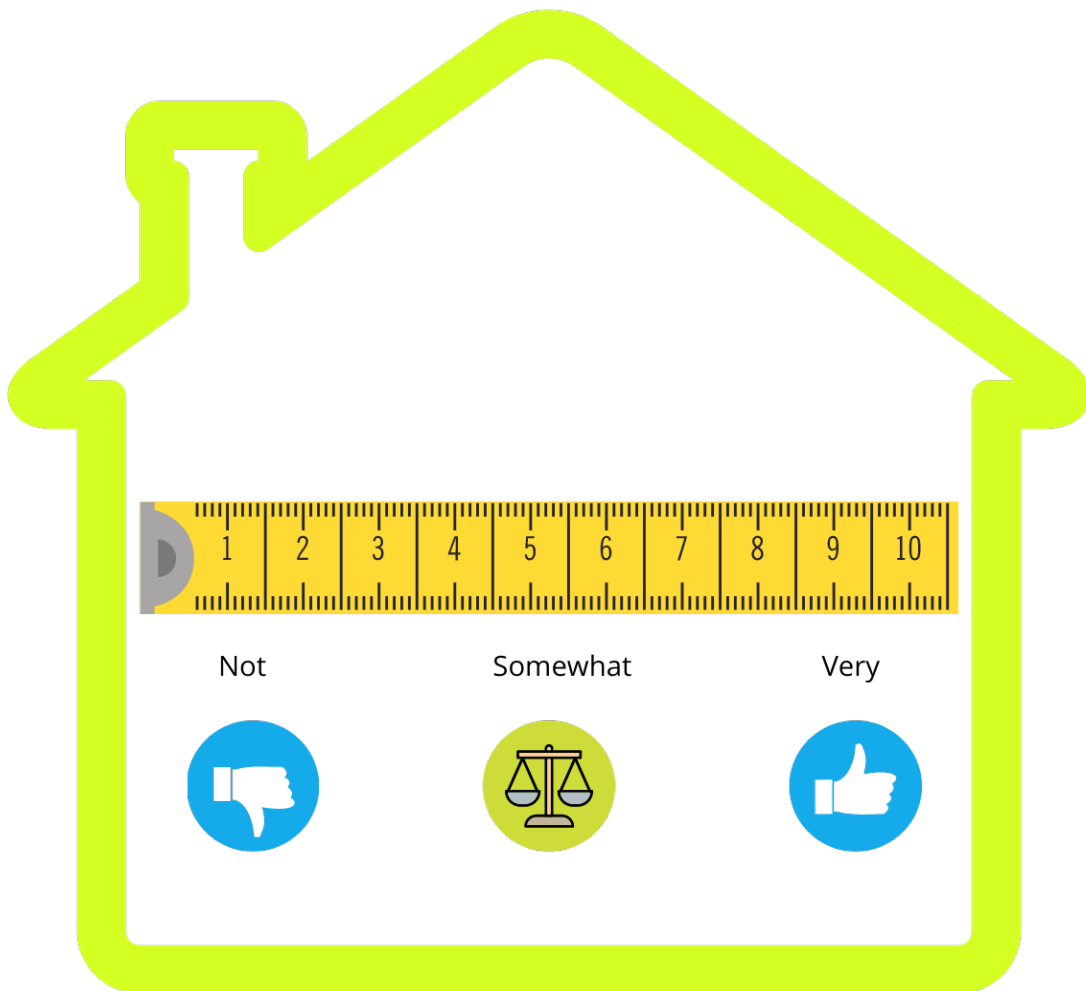


# Are you ready?

Think about all the possible changes you could make in your home to prevent take-home lead from construction work. While all the recommendations from the wheel have the potential to help your family, you may not be ready to follow them all.

## Readiness Ruler

How **IMPORTANT** is this change to you right now?

A graphic of a house outline in bright green. Inside the house, there is a yellow ruler with black markings from 1 to 10. Below the ruler, there are three categories: 'Not' with a thumbs-down icon, 'Somewhat' with a scales of justice icon, and 'Very' with a thumbs-up icon.

1 2 3 4 5 6 7 8 9 10

Not Somewhat Very

Thumbs down icon Scales of justice icon Thumbs up icon



# Take-Home Prevention Family Action Plan and Calendar

## Action:

For this final activity, write the goal(s) that you have selected as most important for you and your family. Don't forget to check how often you will accomplish them.

**Tip:** Place this calendar somewhere visible to remind yourself to act on your plan.

Week of: mm/ dd/ yy

Goal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Goal 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

When you're done with the exercise, your plan should have at least one thing that you're committed to changing, and one thing that you can do to help you achieve that goal.