



Health effects of lead poisoning

Lead interferes with the development and functioning of almost all body organs, particularly the kidneys, red blood cells, and central nervous system.

Lead poisoning is much more serious when children are exposed to lead. Since their bodies are not fully developed, lead poisoning can cause:

- Restlessness
- Hearing loss
- Loss of IQ
- Learning or behavior problems
- Developmental delays
- Brain, liver, and kidney damage

Because the symptoms of lead poisoning are similar to those of flu or viruses, the only way to know if a child is poisoned is to have a doctor perform a simple blood test.

For more information about the health effects of exposure to lead, call 1-888-242-1100 or visit:

<http://www.dhhs.ne.gov/lead>

For more information

If you would like more information regarding lead dust cleanup and control, please contact us at:

Office of Environmental Health Hazards & Indoor Air

Nebraska Department of Health & Human Services
301 Centennial Mall South
PO Box 95026
Lincoln, NE 68509-5026

**(402) 471-0386 or
1-888-242-1100**

www.dhhs.ne.gov/lead

Department of Health & Human Services



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LEAD DUST

Clean-Up and Control

To help reduce risk of lead contamination

Nebraska Department of Health & Human Services
Division of Public Health

Finding hazards in your home

Look for paint or stain that is loose, cracked, chipping, peeling, flaking, rubbing off, or deteriorating in any way.

When paint chips off, all layers of paint usually come off together. This can cause lead poisoning because earlier layers of paint may contain lead—even if the surface has been repainted with lead-free paint.

Window hazards

- Check the sides and upper parts of the window.
- Check the sill and window for:
 - Peeling
 - Chipping
 - Toys or other signs of child play
 - Toys and other signs of child play such as chew marks
- Check the area between the interior window and screen.
- Check the window sash.

Woodwork, walls, and doors

- Check all surfaces for chipping and peeling paint.
- Look for impact chipping on corners of door frames, baseboards, and walls.
- Look for rub or scrape marks on door edges.

Stair and porch hazards

- Check for areas of chipping or peeling paint.
- Look for chewing on spindles, rails, treads, and edges.
- Check risers, baseboards, and stair tread for impact chipping.
- Look for worn areas on tread.



Finding hazards from outside

Lead dust can come in from outside the home. Contaminated dust or soil can be tracked in on shoes and animals or blown in by the wind. Soil can be contaminated from:

- Deteriorated lead-based paint around the perimeter of the house
- Leaded additives in gasoline
- Industrial sources
- Demolition and paint removal from surrounding buildings

Lead can be brought home from work

Some examples include:

- Sanding, scraping or blasting lead-based paint
- Renovating/repairing older homes
- Working in foundries and metal recyclers
- Making ammunition, firing guns, or working at a shooting range

Reduce the risk of lead hazards by:

- Not letting children or pets play in bare soil around perimeter of house
- Covering bare soil with grass, mulch, gravel, sand or other landscaping materials
- Putting out doormats and remove shoes to not track lead dust into the home
- Maintaining good housekeeping
- Not wearing your work clothes home if you work with lead
- Washing your hands often

Cleaning up lead dust

1. Correct lead hazards before starting any dust cleanup to prevent further contamination.
2. While wearing disposable gloves, use rags or sponges to wet clean all horizontal surfaces in the house with any all-purpose cleaner mixed with warm water and clean the floor again.
3. Start at the rear of the home and work from ceiling to floor, working toward the front of the house.
4. The recommended cleaning method is to use two buckets and a mop on floors. Fill Bucket #1 with a CLEANING SOLUTION and then fill Bucket #2 with clean RINSE water.
 - Dip the mop in Bucket #1 and clean the floor
 - Dip mop into the Bucket #2 (rinse bucket), and then back into cleaning solution bucket (Bucket #1)
 - Repeat above steps until all floors have been cleaned.
 - Dispose of water by pouring into toilet
5. During wet cleaning, replace rags, sponges and mop-heads frequently, and wash separately or dispose of them in plastic trash bags when finished.



Because lead dust is so difficult to remove, lead-contaminated carpeting or rugs should be removed and replaced. If disposal is not an option, use a HEPA vacuum to clean the carpet first, followed by steam cleaning. Steam cleaning may need to be done more than once.