

# Adult Safety



## Lead does NOT do a body good!

Adults with a risk of lead exposure should be tested periodically. If you don't get tested at work, ask your personal doctor to order a lead test.

Already exposed to lead? Ask your doctor how lead exposure could be harming your health. Some effects are permanent.

The primary treatment for lead poisoning is to stop or reduce exposure.

### Adult lead exposure safety

- ✓ Know your risks
- ✓ Control your risks
- ✓ Get tested – lead affects your health

### Keep yourself and others safe

- ✓ Work lead-safe
- ✓ Wash-up, clean-up
- ✓ Don't take lead home from the job

Keep yourself and your family safe. Learn how to minimize your risks of lead exposure by working safely around lead.



## Got lead? Work smart!

For more information contact the Iowa Department of Public Health.

**800-972-2026**



[idph.iowa.gov/Environmental-Health-Services/Occupational-Health-and-Safety-Surveillance/Adult-Blood-Lead-Epidemiology](http://idph.iowa.gov/Environmental-Health-Services/Occupational-Health-and-Safety-Surveillance/Adult-Blood-Lead-Epidemiology)

# If you work with lead, do you know your blood lead level?



## Health-based concerns for adults and children of pregnant women exposed to lead

Blood Lead Level (BLL) mcg/dL	Short-term risks, impacts BLL less than 1 year (possible risks)	Long-term risks, impacts BLL more than 1 year (possible risks)
< 5	None documented	None documented
5 – 9	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Hypertension/kidney dysfunction</li> </ul>
10 – 19	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Hypertension/kidney dysfunction</li> <li>Neurocognitive deficits</li> </ul>
20 – 29	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Hypertension/kidney dysfunction</li> <li>Neurocognitive deficits</li> </ul>
30 – 39	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Hypertension/kidney dysfunction</li> <li>Neurocognitive deficits</li> <li>Non-specific symptoms*</li> </ul>
40 – 79	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Neurocognitive deficits</li> <li>Non-specific symptoms*</li> <li>Sperm abnormalities</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Hypertension/kidney dysfunction</li> <li>Neurocognitive deficits</li> <li>Non-specific symptoms*</li> <li>Sperm abnormalities</li> <li>Anemia/colic/gout</li> </ul>
80 +	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Neurocognitive deficits</li> <li>Non-specific symptoms*</li> <li>Sperm abnormalities</li> <li>Encephalopathy</li> <li>Anemia/colic</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Hypertension/kidney dysfunction</li> <li>Neurocognitive deficits</li> <li>Non-specific symptoms*</li> <li>Sperm abnormalities</li> <li>Anemia/colic/gout/nephropathy</li> </ul>



\* Headache, fatigue, sleep disturbance, anorexia, constipation, arthralgia, myalgia, decreased libido, etc.