Exposure to lead can happen in two ways:

**Inhalation**
By breathing dust and fumes.

**Ingestion**
By eating or by hand to mouth.

This leaflet shows you how to work safely with lead sheet.

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Leadworker Safety

1. Apply a barrier cream before starting work
2. Always wear gloves when handling lead
3. Ensure masks are clean and fit properly. Check filters or use disposable masks
4. Always wear a mask when working with lead
5. Beards can prevent masks sealing properly
6. Don’t smoke when working with lead
7. Never eat or drink when working with lead
8. Keep your hands away from your face
9. Don’t bite your fingernails and keep them cut short
10. Use tissues rather than a handkerchief
11. Handle dusty overalls with care
12. Remove workwear before leaving site
13. Wash hands and face thoroughly before eating and smoking and when you finish work
14. Use heavy-duty hand wipes if running water is not available
15. Always wash overalls separately
16. Make sure your blood lead levels are tested at least annually if working regularly with lead