

**Exposure to lead can happen  
in two ways:**

**Published by the European Lead  
Sheet Industry Association**

## **Inhalation**

**By breathing dust  
and fumes.**

## **Ingestion**

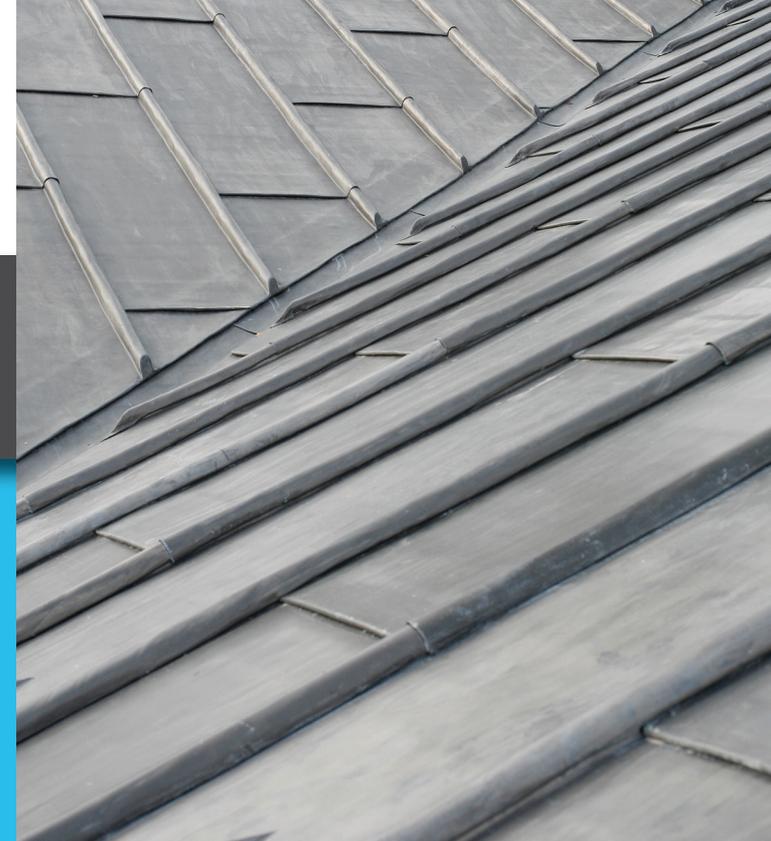
**By eating or by  
hand to mouth.**

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

**Email:**  
[info@elsia-web.org](mailto:info@elsia-web.org)

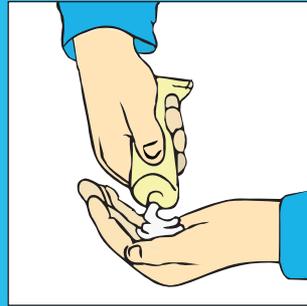
**Website:**  
[www.elsia-web.org](http://www.elsia-web.org)

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**Keep Clean  
Keep Healthy  
Keep Working**

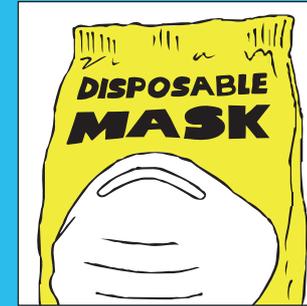
# Leadworker Safety



1. Apply a barrier cream before starting work



2. Always wear gloves when handling lead



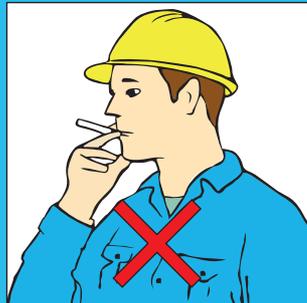
3. Ensure masks are clean and fit properly. Check filters or use disposable masks



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 work wear before leaving site



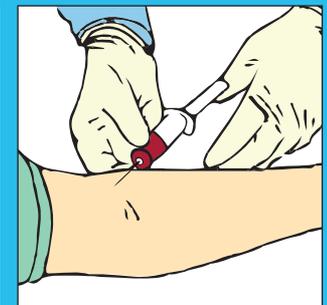
13. Wash hands and face thoroughly before eating and smoking and when you finish work



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