

# Lead exposure can affect you and your family

## GARDENING AND FISHING LEAD SAFETY

### Gardening

Lead naturally occurs in soils, but there is no safe level of lead that is good for your health.

A person can be affected by lead in the soil by:

- accidentally ingesting the soil
- inhaling the contaminated soil
- to a lesser extent, eating lead-contaminated foods grown in high-lead soil

Adding organic matter, like compost, can dilute the lead level. Using raised garden boxes and filling them with clean soil is another alternative for growing vegetables in an area where soil may be contaminated with lead.



### Fishing

Many fishing lures, including sinkers, are made with lead.

Lead in sinkers can cause lead poisoning. The lead dust from the sinkers can contaminate the tackle box and other surfaces, especially if you make your own sinkers.

Melting lead to cast sinkers can be dangerous due to lead fumes and lead powder that settles on surfaces. Wash hands thoroughly with soap and water after handling lead sinkers. Hand sanitizers do not remove lead from hands. There are also now lead alternatives available that perform as well as traditional tackle.



### Why does this matter?

Lead is especially dangerous in a home where children are present because they are the most at risk of lead poisoning, which can cause neurological damage, learning problems, and behavioral issues.

If you think you may have lead exposures in your work or home, contact us for more information about our program and how we can help you.



We provide **FREE** educational presentations on how to reduce exposures to lead and prevent cross-contamination. Contact us to learn more.