

## NIOSH Personal Protective Equipment Checklist for Workers

- Respirator, as required by your employer
- Coveralls, including shoe covers
- Safety goggles
- Chemical resistant gloves

## Additional Resources

NM Department of Health  
[nmhealth.org/go/lead](http://nmhealth.org/go/lead)

National Institute for Occupational Safety and Health (NIOSH)  
*Preventing Occupational Exposures to Lead and Noise at Indoor Firing Ranges*  
[www.cdc.gov/niosh/docs/2009-136/pdfs/2009-136.pdf](http://www.cdc.gov/niosh/docs/2009-136/pdfs/2009-136.pdf)



New Mexico Department of Health  
Epidemiology and Response Division  
Environmental Health Epidemiology Bureau  
505-827-0006  
DOH-eheb@state.nm.us  
[nmhealth.org/go/lead](http://nmhealth.org/go/lead)

## LEAD IN FIRING RANGES HOW TO REDUCE YOUR EXPOSURE



PROTECT YOUR HEALTH AT WORK AND PLAY

# Lead Hazards at the Range

## Why is it important to know about lead safety?

Indoor firing and shooting ranges are common sources of lead exposure. Workers **may be at risk for lead exposure and lead poisoning.**

Minimize your exposure to lead by:

- Knowing how lead can hurt your body
- Protecting yourself
- Finding out how much lead is in your blood

## How does lead get into the body?

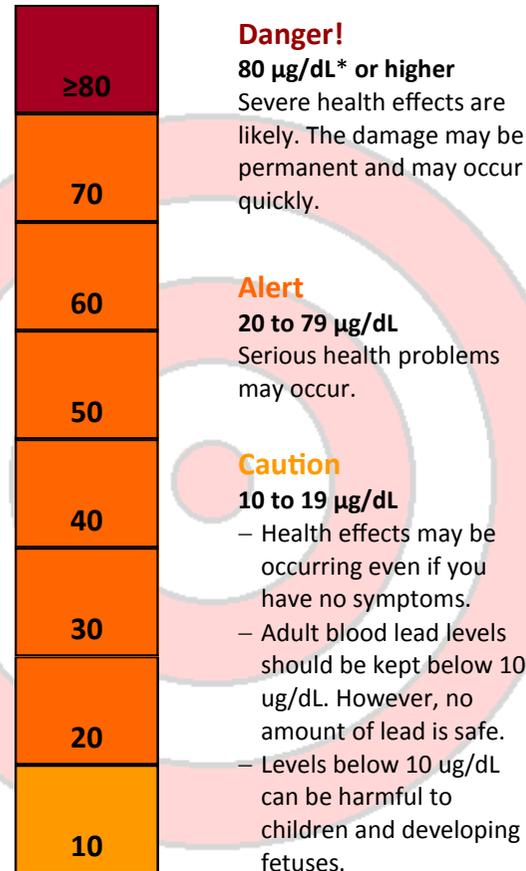
Most ammunition and primers are the main source of lead exposure at the range. When a gun is fired, the lead fumes in the “gun smoke” are released into the air and can settle onto surfaces.

Lead can enter the body through:

- The LUNGS when you breathe
- The MOUTH when you swallow

Lead is absorbed into the bloodstream and found in the blood, liver, kidneys, and bones.

## Blood Lead Levels and Health Effects



\*micrograms lead per deciliter blood

***By using jacketed and plated ammunition, especially with a non-lead primer, lead levels can be reduced.***

## How can lead hurt the body?

If not tested early, people with lead in their blood can suffer from:

- Increased blood pressure
- Muscle and joint pain, stomach pain
- Decreased kidney function
- Memory and concentration problems
- Difficulties during pregnancy

Lead is especially harmful to children and can cause damage to the growing brain and nervous system.

## How can I protect myself?

### For employees:

- Use recommended NIOSH personal protective equipment for lead
- Use a wet cleaning method
  - Wet wipe surfaces, use a wet mop, or use a HEPA vacuum.
  - **NEVER** dry sweep the range

### For everyone:

- Wash hands, forearms, and face before eating and drinking
- Get blood testing to monitor lead levels
  - Consider testing your children as well
- Shower and change into clean clothes and shoes before leaving the range
- Wash and keep dirty work clothes and shoes separate from other clothing