

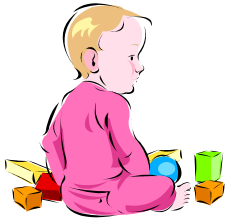
LEAD WORKSHOP OBJECTIVES

- Define lead and discuss the common uses of lead
- Review the common sources of lead exposure
- Discuss the routes of entry into the body
- Examine the differences in lead exposure for children, adults and pregnant women
- Develop an understanding of the health effects of lead poisoning
- Review the symptoms of lead poisoning
- Review ways to prevent or minimize exposure
- Practice techniques to promote awareness in the community about the health effects of lead poisoning and preventing exposure to lead

Who Is at High Risk for Lead Poisoning?

Small children (younger than 6 years old)

Young children are at high risk for lead poisoning because their bodies and nervous systems are still developing. Risks are increased because they put everything in their mouths and they have a lot of contact with floors, dust and dirt that can contain lead particles. In addition, children absorb 50% of the lead that enters their bodies.



How does lead affect children's health?

- behavioral and learning problems
- slower growth and development
- speech and hearing problems
- learning disabilities
- high level exposures can result in death

Pregnant women

A pregnant woman absorbs 50% of the lead that enters her body, compared to other adults who absorb 10%. In addition, the lead stored in her body since before the pregnancy can be easily passed on to the fetus. Lead can also cause problems during the pregnancy and affect the development of the fetus.

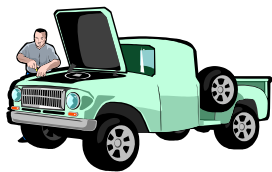


How can lead affect a pregnancy?

- premature birth
- low birth weight
- miscarriage or stillbirth
- brain damage to the fetus

Adults exposed to lead at work or through their hobbies

Some occupations (like mechanics, carpenters, painters and plumbers) and hobbies (like leaded pottery, furniture refinishing or home remodeling) can expose adults to high levels of lead. Adults engaged in these activities should take precautions to limit their exposure to lead, especially pregnant women. They should also bathe and change clothes before touching other members of their families.



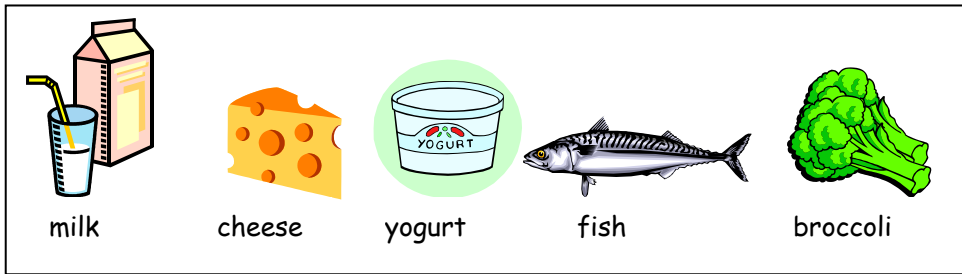
How does lead affect an adult's health?

- danger to the reproductive system
- high blood pressure
- digestive problems
- nervous disorders
- difficulties with memory and concentration

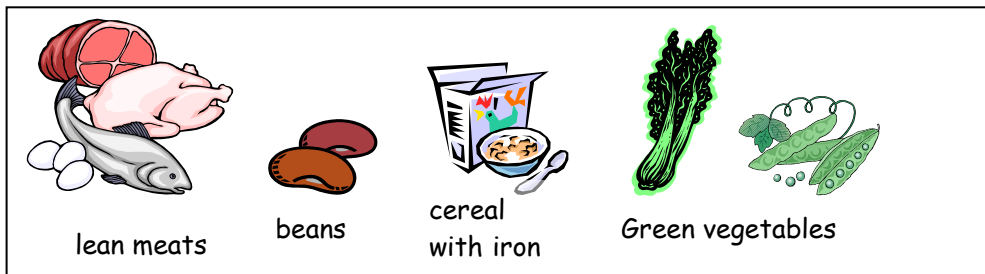
Good Nutrition Can Protect your Child from Lead Poisoning

If your child eats foods rich in calcium and iron, it is more difficult for lead to enter the bloodstream. Greasy foods can increase the amount of lead absorbed by the body.

Foods rich in calcium:

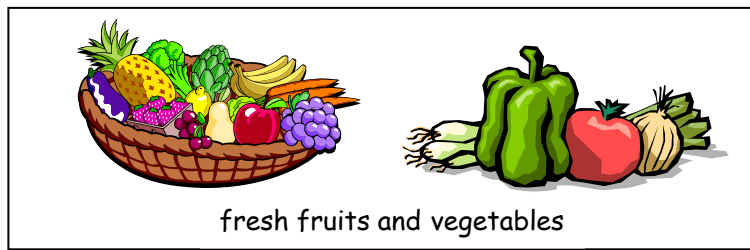


Foods rich in iron:



Foods rich in Vitamin C

Help your body to use the calcium and iron



Limit your intake of caffeine and greasy foods

