

LEAD EXPOSURE FROM PAINT

REDUCE YOUR FAMILY'S RISK OF LEAD EXPOSURE



LEAD IS A TOXIC SUBSTANCE that has been associated with reductions in IQ scores, learning difficulties, shortened concentration spans, poor performance at school, aggression and poor outcomes over lifetimes.

Young children, especially those living in poverty, are particularly vulnerable to lead exposure and to the associated harms.



In the past lead, sometimes at very high concentrations, was added to paint, especially "enamel" paints, to fix the pigment and to speed up the drying process. When old paint peels or crumbles from surfaces, or when renovations are being undertaken, lead particles may be released, and settle in soil or dust.

During the course of their normal play and developmental activities, children may ingest appreciable amounts of lead, which may contribute to a growing burden of lead in their bodies.



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THE FOLLOWING TIPS MAY HELP REDUCE CHILDREN'S EXPOSURE TO LEAD FROM PAINT APPLIED TO HOMES, SCHOOLS, TOYS, PLAYGROUND EQUIPMENT, FURNITURE AND OTHER PAINTED ITEMS:



When purchasing painted toys, furniture or other items, **ASK FOR ASSURANCE** from the supplier that the paint has no added lead.



Conduct a rapid **LEAD TEST** before you start home renovations.



Certain renovations can release lead from paint and dust into the air. **AVOID USING** belt-sanders, blow torches, heat gun, dry scraper or dry sander; these can produce large amounts of lead dust and fumes.



SEAL OFF parts of the home being renovated from the rest of the house. Keep children and pregnant women away from the work area.



Make sure you and/or any workers are **TRAINED** in lead-safe work practices.



CLEAN-UP paint chips immediately.



Use wet **PAPER** towels to clean up lead dust. Be sure to clean around windows, play areas, and floors.



Keep the areas in which children play as dust-free and **CLEAN AS POSSIBLE**.



WASH children's hands and toys often with soap and water, especially before eating, after playing and before sleeping.



Keep children's **NAILS** clean and short.



Gently **DISCOURAGE** children from putting their fingers or non-food items into their mouths.



WASH bottles, pacifiers (dummies), toys, and stuffed animals regularly.



Use contact paper or duct tape to **COVER AREAS** with chipping or peeling paint.



Clean or **REMOVE SHOES** before entering your home to avoid tracking in lead from soil.



BATHE PETS on a regular basis to reduce the amount of dirt they bring in from the outside.



DISPOSE of lead paint in a toxic waste disposal site.



Ensure that children have a nutritious and **HEALTHY DIET**.



A simple **BLOOD TEST** is the only way to know if a child has lead poisoning. Blood lead tests are especially important for babies and toddlers since their blood levels tend to increase rapidly from 6 to 12 months and peak at 18 to 24 months of age.



Before purchasing a new home, you may wish to consult a **HOME INSPECTOR** to ensure there is no lead paint.

FOR FURTHER INFORMATION ON LEAD POISONING

Go to: Resource Materials | South African Medical Research Council (samrc.ac.za).