

If you are doing **major** repairs or renovations that may create a lot of dust—jobs like replacing windows—consider taking a training course in lead-safe work practices. Or consider hiring a qualified contractor who has been trained in lead-safe practices.

For more information about working lead-safe, contact your state's public health agency or the other agencies listed below.

U.S. Environmental Protection Agency	www.epa.gov/ne/eco/ne_lead
U.S. Department of Housing and Urban Development	www.hud.gov/offices/lead
U.S. Centers for Disease Control and Prevention	www.cdc.gov/nceh.lead/lead.htm
New England Lead Coordinating Committee	www.nelcc.uconn.edu

For a CD showing how to work lead-safe, contact the Vermont Department of Health at 800-439-8550 (toll free in Vermont), or see the online version at <http://www.leadSAFEvermont.org/home.html>. This program is available in English and Spanish.

Don't Spread Lead has been written for do-it-yourselfers. It is not intended for paid contractors, renovators, maintenance workers, painters, and other tradespeople.

Paid contractors who are renovating, repairing, or painting homes, child-care facilities, and many schools that were built before 1978 must comply with a new rule issued by the U.S. Environmental Protection Agency. The Renovation, Repair and Painting Rule of 2008 requires these contractors to use specific lead-safe work practices. The practices are similar to the ones described in this booklet for do-it-yourselfers but have more detailed requirements.

If you are hiring a contractor, make sure that the contractor knows about this EPA rule and will follow its requirements.

For more information about the rule, see <http://www.epa.gov/lead/pubs/renovation.htm>.



The *Don't Spread Lead* booklet was developed by the New England Lead Coordinating Committee
www.nelcc.uconn.edu

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Don't Spread Lead

A Do-It-Yourself Guide to Lead-Safe Painting, Repair, and Home Improvement



Are you working on an older house?

If you are working on a house built before 1978, learn how to protect yourself, your family, and your neighbors from lead poisoning.

Maybe you are painting a room for a new baby.

Or maybe you are repairing a door that sticks.

These and similar small projects can be great do-it-yourself jobs. But if you are working in a house that was built before 1978, it may contain lead paint.



Common fix-up jobs (such as painting a room or repairing a door that sticks) can create dust or paint chips that contain lead.

Lead is a poison that is dangerous to you, your family, and your neighbors.

Why should you work lead-safe?

When people swallow or breathe in lead dust, they can become lead poisoned. It takes only a very small amount of lead to poison someone.

Lead is especially dangerous for children. It can harm their brains and cause serious learning and behavior problems. It is very dangerous for pregnant women and their unborn babies.



Lead can also make adults sick.

How can you work lead-safe?

You can learn how to protect yourself when you work around lead paint.

The following list outlines five important steps to work lead-safe.

To learn more about these five steps, download the booklet *Don't Spread Lead* from http://healthvermont.gov/enviro/lead/documents/Dont_Spread_Lead_2008.pdf

Lead-safety summary

- 1. Protect your family and your neighbors.**
 - Keep your family and neighbors out of the work area.
- 2. Prepare your work area.**
 - Empty the room.
 - Close it off from the rest of the house.
 - Bring in your supplies.
- 3. Protect yourself from lead dust.**
 - Put on safety equipment, such as safety glasses and disposable coverings.
 - Do not eat, drink, or smoke in the work area.
- 4. Work wet.**
 - Lightly mist painted surfaces except near electrical outlets.
 - Scrape or sand by hand, not with power tools.
- 5. Work clean.**
 - Keep dust inside the work area.
 - Clean often, using damp rags or paper towels.
 - Use a HEPA vacuum cleaner, a special vacuum cleaner that traps tiny bits of lead dust.
 - Wash and rinse.
 - Dispose of trash safely.
 - Check your work.

The list above is just an outline. Learn more before you start repairs or renovations.