

After handling lead or fired brass, blow your nose and wash your hands and face with soap and cold water. Cold water closes the pores of your skin and prevents particles of lead from getting into your body.

Dry your face and hands with paper towels, or if you use cloth towels, use them only for hand loading or shooting activities and don't mix them with household ones. Cloth towels and clothes worn while hand loading should be washed separately. After the towels and clothes are removed from the washer, run the empty machine through an additional rinse cycle.

Lead dust can settle into your hair and be transferred to your pillow at night, so showering and washing your hair is important.



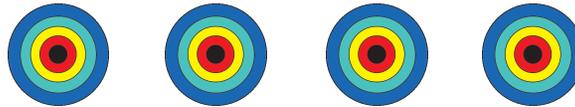
### **Keep children away**

Children are especially vulnerable to the effects of lead. Make sure they do not have access to your work area and equipment. Never leave loose pieces of lead in your vehicle or your home where small children could pick them up to play with or put them in their mouth. Children have been known to swallow .22 caliber bullets!

### **Have your blood lead level checked**

If you hand load ammunition or shoot firearms on a regular basis, consult a physician about having the blood lead level for you and your family checked. Depending on your level, and how often you re-load ammunition or shoot, the physician may recommend setting up a regular schedule of blood lead testing.

### **Keep up with the developments in new materials that can be substituted for lead, products and equipment.**



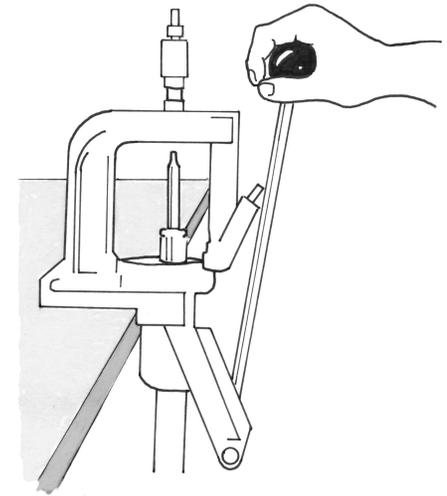
By following these simple rules, you can enjoy your hobby knowing that you are minimizing the risk of lead exposure to you and your family!

For more information contact:  
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## **Lead Safety and Handloading**

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**You take precautions to protect yourself and others at the firing range...**

**But did you know that you may be exposing yourself and your family to lead when you hand-load ammunition?**



## Why should I be concerned?

You can be exposed to lead by breathing lead fumes or fine particles of lead dust while melting and casting lead or hand-loading ammunition. You may be tracking lead dust into your home on your hands, hair, and clothes, thereby exposing others.

Lead can affect almost every organ and system in your body and is especially harmful to young children and unborn children. Lead can damage the nervous system, kidneys, and immune system.

By following a few simple practices, you can reduce your risk of exposure to lead and protect yourself and your family.

## How can I avoid exposure?

- Ventilate your work area
- Keep your work area clean
- Wash your body and your clothes after each session
- Keep children away
- Don't eat, drink, or smoke while handloading

Melting lead to cast bullets produces a fume that can stay in the air for up to 10 hours. Loading ammunition creates a fine dust that is very difficult to clean.



## Ventilate Your Work Area

To protect your family from breathing poisonous fumes and dust, never melt lead or hand load ammunition in your home.

The best place for these activities is a shop area or garage separated from your home. Children should be restricted from this work place. If your work area is attached to your home, then separate the work area with plastic sheeting.

Proper ventilation is essential. The area that you work in should have a properly designed ventilation system. In addition, the use of an air cleaner equipped with a High Efficiency Particulate Air (HEPA) filter is recommended. HEPA filters trap very small particles of lead from fumes and dust and keep them from circulating around the room.



## Keep your work area clean

Keep all work areas free from lead dust by regular cleaning. Never dry sweep or use a home type vacuum cleaner unless it has a HEPA filter. Home type vacuum cleaners can't be retrofitted with a HEPA filter. You can buy HEPA filter equipped vacuum cleaners at many retail outlets.

Dry sweeping or vacuuming without a proper filter actually increases exposure by spreading the fine lead dust all over the work area.

If you don't have a vacuum cleaner with a HEPA filter, then wet clean the entire area regularly. Mist walls, ceilings, windowsills, doorjamb, tables, chairs, and equipment with water and wipe with a cloth or sponge. Wet mop the floors.

If you buy or salvage lead for bullet casting, keep the metal in a container with a tight fitting lid, such as a coffee can or plastic bucket. The inside of the container should be kept slightly moist to prevent airborne lead dust. An old bottle with a spray or mist nozzle works well. Don't forget to wash your hands after handling the lead.



## Wash your body and your clothes after each session

Lead dust can settle on your body, hair, and clothes, and be picked up on your shoes. It is a good idea to wear a coverall or other outer clothes that you can wash after each activity or leave in the work area.