

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

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



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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?

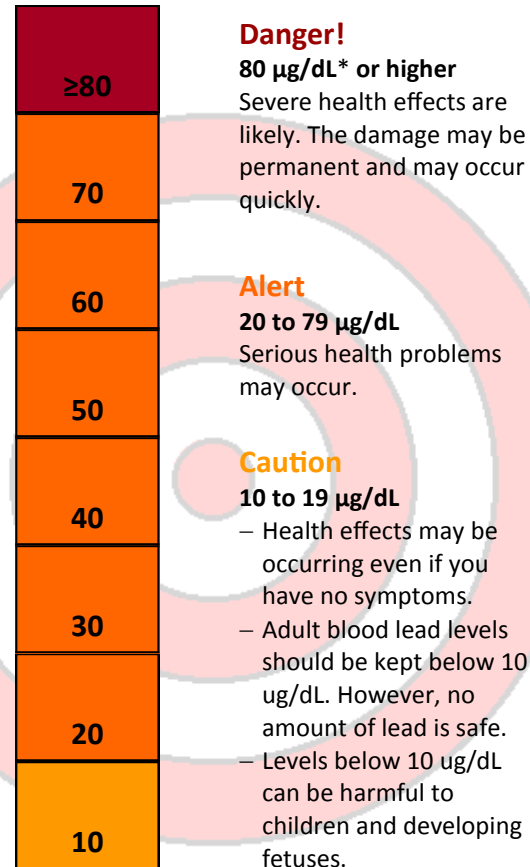
Most ammunition and primers are the main source of lead exposure at the range. When a gun is fired, the lead fumes in the “gun smoke” are released into the air and can settle onto surfaces.

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