

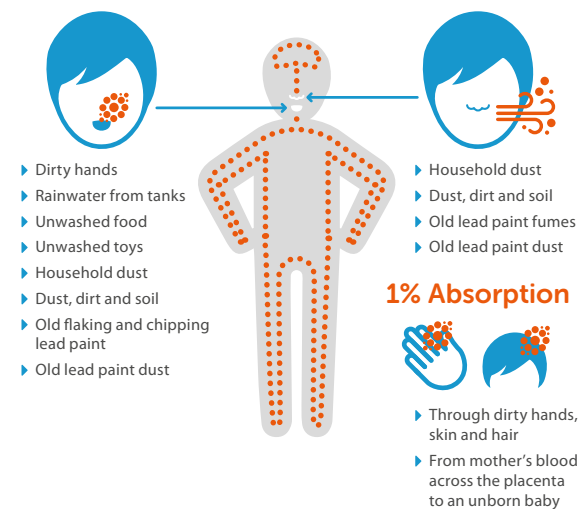
Lead is a metal that has been mined in Broken Hill for many years. It's in the dust, dirt, soil and rainwater tanks in our town. Our dry climate means lead dust gets into everything, via the air. It can also be found in old lead paint, especially in homes built before 1970.

Lead does not belong in the human body. When it gets into our bodies, it builds up and makes us sick – for example, it can make high blood pressure worse and cause kidney problems.

Main exposure pathways of lead

98% Ingestion

1% Inhalation



Lead can harm kids' brain development, which may cause behaviour and learning problems that can last a lifetime.

There are simple things you can do to reduce blood lead levels and prevent harm from lead. Living smart can reduce the amount of lead our kids are exposed to, helping them grow up strong and healthy.

**Our town, our kids,
our future.**

www.leadsmart.nsw.gov.au



Health
Far West
Local Health District



MAARI MA HEALTH
ABORIGINAL CORPORATION



For free blood lead testing of kids under the age of five, or for more information, contact:

Child & Family Health Centre

2 Oxide Street
Broken Hill NSW 2880
Phone: (08) 8080 1100

Maari Ma Aboriginal Health

439–443 Argent Street
Broken Hill NSW 2880
Phone: (08) 8082 9777

**Live smart.
Backyards and
gardens.**





Playing smart

If your yard is too big to cover all the soil, you could fence off a smaller grassed area for the kids to play in.

A sandpit is a great way of providing a LeadSmart play area for kids. Use white beach sand, and cover the sandpit when it's not being used to stop lead dust getting into it.

Wash down or wet wipe outside play equipment and outdoor toys regularly.

When kids play in dirt and soil outside, lead can get on their hands or under their fingernails. Kids should wash their hands after playing outside or playing with pets.

Keep your kids' fingernails short, and make sure to use a nailbrush.

If your yard is used for activities which may create lead dust or fumes, like spray painting cars or stripping furniture, do this away from the kids' playing area.

Make sure any painted outside areas in the yard, like sheds and fences, are kept in good repair.



Living smart

The best way to protect kids from lead exposure is to keep them away from bare soil, dirt and dust. In the backyard, if you can't replace the soil or dirt entirely, you could cover it with:

- ▶ plants, ground covers, or grass
- ▶ natural materials including mulch or pine chips. Lawn clippings or fallen leaves are some of the best types of mulch.
- ▶ man-made substances like cracker-dust, pavers, concrete or astroturf.

Growing smart

Trees, ground covers and tall shrubs can trap dust and stop it getting into your home.

There are plenty of local ground covers and plants that grow well in Broken Hill and don't need a lot of water. Speak to your local nursery about how to create lead safe and low water use yards.

If you're growing vegetables, the garden beds should be raised and good clean soil is recommended. Vegetables should be well washed before being eaten.

Rainwater from water tanks looks and smells like clean water but can still contain lead.

Avoid drinking it, using it to prepare or cook food, or giving it to your pets. Rainwater and grey water can be used on your garden.

Always wear gardening gloves when working in the yard, and remove shoes before going inside. After working outside, wash well and change into clean clothes. Keep your gardening clothes separate from other clothing, and wash it separately to avoid spreading lead dust around.

Bare soil, dirt and dust are the biggest sources of lead exposure for kids in the backyard.

