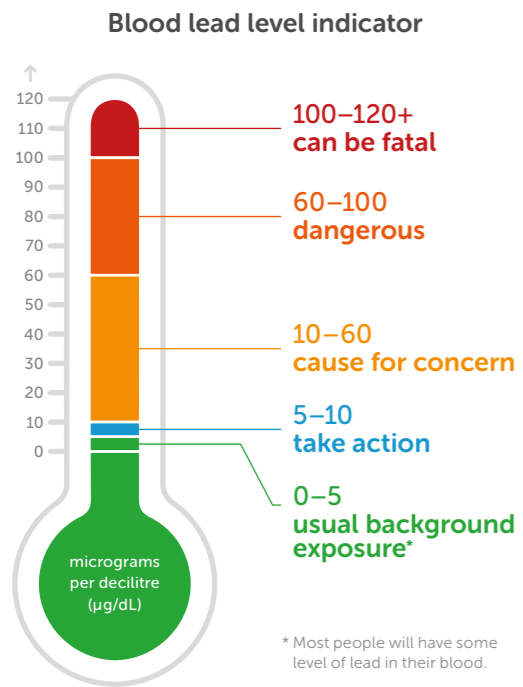


In Broken Hill we're LeadSmart.  
We're taking care of our community,  
our kids and our future.

Health workers can test a person's blood lead levels. A blood lead level of five micrograms per decilitre or above can be harmful, especially for pregnant women and young kids under the age of five, and they will need to get help to identify the source of exposure to reduce it.

The blood lead level is the micrograms of lead per decilitre of blood in the body.



More information about being LeadSmart can be found at [leadsmart.nsw.gov.au](http://leadsmart.nsw.gov.au)

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

[www.leadsmart.nsw.gov.au](http://www.leadsmart.nsw.gov.au)



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



# LeadSmart. Living with lead in Broken Hill.



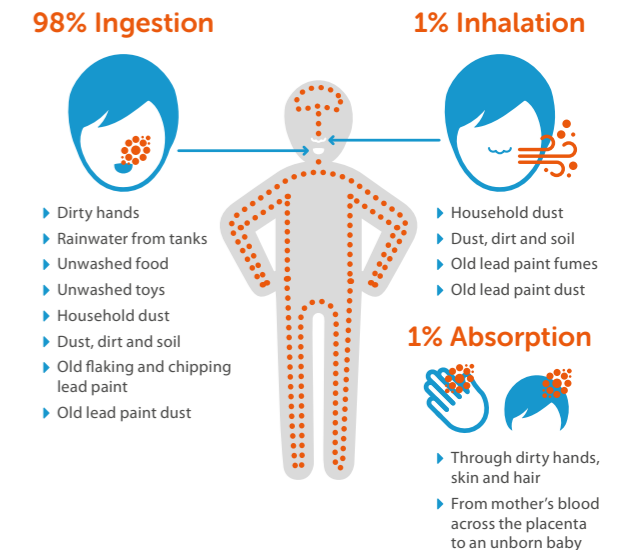
Lead is a metal that has been mined in Broken Hill for many years. It's in the dust, dirt, soil and rainwater tanks in our town.

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.

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

**Main exposure pathways of lead**



## Free blood lead tests for babies and kids under the age of five

In Broken Hill, a test of the umbilical cord is taken at birth to check a baby's blood lead level. If the levels are high, it may mean there are sources of lead around the home.

Free annual blood lead tests are offered to all kids for their first four years. In the test, your child's finger is pricked with a needle to get a very small blood sample. The results are immediate and let you know if your child's lead level is increasing.

	Immunisation	Lead test
6 weeks	✓	
4 months	✓	
6 months	✓	
<b>12 months</b>	✓	✓
<b>18 months</b>	✓	✓
<b>2 years</b>		✓
<b>3 years</b>		✓
<b>4 years</b>	✓	✓

The Child & Family Health Centre or Maari Ma Health can tell you how to find and remove lead sources around the home.



There are simple things you can do to reduce lead exposure for yourself and your family.

### Start smart

Pregnant women pass lead to their unborn babies through their blood.

If you're pregnant, do simple things like wash your hands frequently, eat healthy foods and keep your home free from dust. This will help keep both you and your baby healthy.

For more information, see the brochure – **Start smart. Pregnancy and babies.**

### Eat smart

Eating a healthy diet means your body will absorb less lead. A healthy diet has lots of iron, vitamin C and calcium. Regular, small, healthy snacks are important – a belly full of healthy food protects kids from lead harm. Rainwater from water tanks looks and smells like clean water but can still contain lead. Avoid drinking it or using it to prepare or cook food.

For more information, see the brochure – **Eat smart. Healthy eating and nutrition.**

### Clean smart

Get kids to wash their hands after playing outside or playing with pets, and before eating. Wash your hands before preparing food.

When cleaning, use a damp mop or cloth rather than a broom or duster. This traps more dust and stops lead particles from moving around in the air.

For more information, see the brochure – **Clean smart. Hygiene and cleaning.**

### Live smart

Bare soil, dirt and dust are the biggest source of lead exposure for kids in the backyard. Cover these areas by planting or adding mulch, bark or astroturf. A sandpit that can be covered when not in use is a great LeadSmart play area for kids.

For more information, see the brochure – **Live smart. Backyards and gardens.**



### Work smart

If you work in the mining industry, or are a tradesperson working on demolitions, constructions or maintenance, lead dust can get on your skin, hair and work clothes. If you can't change your clothes or shower before leaving work, remove your boots and dusty clothes before entering the house. Shower and wash your hair before playing with the kids. Leave work equipment, tools and bags outside.

For more information, see the brochure – **Work smart. Tradespeople and mining industry workers.**

### Build smart

If you're renovating, you can disturb lead dust in ceilings, behind walls and between or under floor boards. Renovating can also involve removing old paint, which can be very high in lead. When renovating, wash your hands carefully and often. Dust and paint flakes in the work area should be cleaned up as soon as possible.

Kids, pregnant women and breastfeeding women need to be kept away from renovations.

For more information, see the brochure – **Build smart. Renovating and maintenance.**