

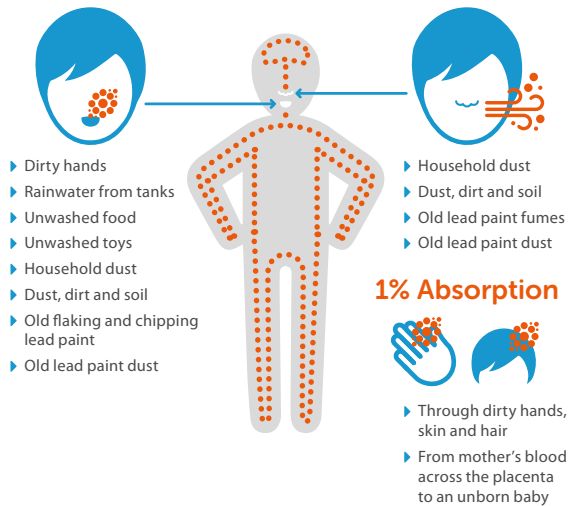
Lead is a metal that has been mined in Broken Hill for many years. It's in the dust, dirt, soil and rainwater tanks in our town. Our dry climate means lead dust gets into everything, via the air. It can also be found in old lead paint, especially in homes built before 1970.

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. Cleaning smart – washing our hands, clothes and around our homes – is the most effective way to reduce exposure to lead.

**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

**Clean smart.
Hygiene and
cleaning.**





Inside the home

Lead dust can settle on all the surfaces in your house. Sweeping and dry dusting causes lead dust to swirl around and settle on other surfaces.

Use a damp cloth to wipe down kitchen surfaces before preparing food. Use a wet mop to clean floors rather than a broom. Use a damp cloth to wipe down shelves, furniture and toys.

If you can, use a High Efficiency Particulate Air (HEPA) vacuum cleaner, and keep the kids out of the room when you vacuum. Empty the vacuum dust bag into the garbage bin, not into the garden.

Seal cracks in the walls or ceiling to prevent old dust from getting into your home.

Be very careful with old paint. Paint made before the 1970s is very high in lead. Check your home for paint, dust flakes or chips. Clean it up, remove or repair it safely and as quickly as possible. If you are renting, speak with your landlord.

Close your windows and doors on dry and windy days. Sit kids at the table or put babies in a high chair to eat.

When lead dust is in the air, it finds its way into our homes and places where kids play. It is on our shoes and clothes, kid's toys, play equipment, air conditioner vents and filters, and comes through windows and doors on windy days.

Young kids are more likely than adults to ingest small amounts of lead because they put things in their mouths, crawl and play on the floor, touch dusty surfaces indoors and outdoors, and touch their mouths.

Cleaning smart can reduce the amount of lead our kids are exposed to, helping them to grow up strong and healthy.

Regular hand washing is the best way to keep lead out of our kids' bodies.

- ▶ Make sure kids wash their hands after playing outside or with pets.
- ▶ Make sure kids wash their hands before eating.
- ▶ Make sure you and your family wash hands before preparing or eating food.
- ▶ Keep kids' fingernails short, and make sure to use a nailbrush.
- ▶ Wash pets, their toys and bowls regularly, and make sure you brush them outside.



Around the home

It is best to sit kids at the table or put babies in a high chair. If kids do sit on the floor — or on the ground outside — put down a clean sheet, towel or blanket first, to keep lead dust or dirt out of the food and off their hands.

Leave shoes outside and have a doormat.

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.

After windy or dusty days, wipe down windows, door screens, verandahs, play equipment and other outdoor surfaces with a wet cloth or mop.

For more tips on being LeadSmart around the home, including the backyard, check out the **live smart** brochure.



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