



SAFETY TIP OF THE WEEK

FOR THE CONSTRUCTION INDUSTRY



Company _____ Date _____

To encourage all of us to promote safety on a continuing basis, the Builders Exchange publishes a safety tip in each issue of the weekly Bulletin. The superintendent/foreman of each job should use this safety tip in a short safety meeting Monday morning. We suggest that this 5-to-10 minute meeting be just before lunch or perhaps right after the morning break. You can then emphasize the SAFETY TIP OF THE WEEK all week long.

Lead Poisoning

Week Ending 9/1/2023

The lead paint “ban” in 1978 was only for residential use in the U.S. Lead is still in pre-1978 structures and in commercial and industrial paints. You can be exposed to lead during:

- **Demolition**
- **Maintenance**
- **Renovation**

You are being exposed to lead if you are working with materials that have lead paint and you are:

- **Stripping**
- **Sanding**
- **Scraping**
- **Heating**
- **Cutting**
- **Blasting**

If you don't change your clothes and work boots before leaving work, you can take lead dust home, and your family can get lead poisoning. You can also carry lead dust on or in your vehicle to another worksite – or your home.

If lead is present:

1. **Get training.** EPA, HUD, and OSHA say your employer must train you if you could be exposed to lead at work. Once trained, follow the rules. Special procedures for work on lead-coated surfaces will prevent you from getting lead poisoning.

2. **Use methods to control dust.** Workers and contractors have lots of options. Using vacuum attachments with power tools can control lead dust at the source. When using chemical paint strippers, read the

label and use the recommended personal protective equipment.

3. **Wear a respirator.** Even small amounts of lead dust can hurt you. If you create lead dust, you need a respirator. Minimum protection from lead dust begins with a half-face respirator with a P-100 filter or a P-100 filtering facepiece. Talk to your supervisor about the levels of lead in the air and make sure you are protected.

OSHA requires your employer to protect you. When lead in the air reaches a certain level, your employer must provide you with the right equipment and a room for changing clothes, so you don't take lead home.

To protect you and your family at home:

- Wash your face and hands before you smoke, eat or drink.
- Do not wear work clothes at home. Wipe down the seat of your car or truck. Children are very sensitive to lead.
- Get a blood test. OSHA says your employer must test your blood-lead level if you are around high concentrations of lead (30 micrograms of lead per cubic meter of air).

Lead can damage your kidneys, brain, nervous system, and cause blood problems. The number of health problems is too lengthy to list, but a few of them include: **Impotence, Forgetfulness, Reduced reaction time, Fatigue, Poor concentration, Weakness.**

The first signs of severe poisoning may be upset stomach (or cramps), weakness, joint pain, and/or being tired. Children suffer greatly from lead. It can lead to many problems, including emotional changes and brain damage.

Special Topics for this Job: _____

MSDS # _____ Reviewed – Title: _____

Present at Meeting:

Supervisor's Signature: _____

Note: These SAFETY TIPS OF THE WEEK are to help members provide a safe workplace and to instruct employees in ways to prevent accidents. Ensure you record the names of those who attend your safety meetings and file this form with your permanent accident prevention records.



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Saturnismo

Week Ending 9/1/2023

La "prohibición" de la pintura con plomo en 1978 fue solo para uso residencial en los EE.UU. El plomo todavía se encuentra en estructuras anteriores a 1978 y en pinturas comerciales e industriales. Usted puede estar expuesto al plomo durante:

- Demolición
- Mantenimiento
- Renovación

Usted está expuesto al plomo si está trabajando con materiales que tienen pintura con plomo y usted:

- Pelar
- Lijado
- Raspado
- Calefacción
- Cortante
- Voladura

Si no se cambia de ropa y botas de trabajo antes de salir del trabajo, puede llevar el polvo de plomo a casa y su familia puede envenenarse con plomo. También puede llevar polvo de plomo dentro o dentro de su vehículo a otro lugar de trabajo, o a su hogar.

Si hay plomo presente:

1. **Obtén capacitación.** EPA, HUD y OSHA dicen que su empleador debe capacitarlo si podría estar expuesto al plomo en el trabajo. Una vez entrenado, siga las reglas. Los procedimientos especiales para trabajar en superficies recubiertas de plomo evitarán que se envenene por plomo.

2. **Utilice métodos para controlar el polvo.** Los trabajadores y contratistas tienen muchas opciones. El uso de accesorios de vacío con herramientas eléctricas puede controlar el polvo de plomo en la fuente. Cuando

use decapantes de pintura química, lea la etiqueta y use el equipo de protección personal recomendado.

3. **Use un respirador.** Incluso pequeñas cantidades de polvo de plomo pueden lastimarlo. Si crea polvo de plomo, necesita un respirador. La protección mínima contra el polvo de plomo comienza con un respirador de media cara con un filtro P-100 o una máscara filtrante P-100. Hable con su supervisor sobre los niveles de plomo en el aire y asegúrese de estar protegido.

OSHA requiere que su empleador lo proteja. Cuando el plomo en el aire alcanza un cierto nivel, su empleador debe proporcionarle el equipo adecuado y una habitación para cambiarse de ropa, para que no lleve plomo a casa.

Para protegerlo a usted y a su familia en casa:

- Lávese la cara y las manos antes de fumar, comer o beber.
- No use ropa de trabajo en casa. Limpie el asiento de su automóvil o camión. Los niños son muy sensibles al plomo.
- Hágase un análisis de sangre. OSHA dice que su empleador debe evaluar su nivel de plomo en la sangre si está cerca de altas concentraciones de plomo (30 microgramos de plomo por metro cúbico de aire).

El plomo puede dañar los riñones, el cerebro, el sistema nervioso y causar problemas sanguíneos. El número de problemas de salud es demasiado largo para enumerarlo, pero algunos de ellos incluyen: **Impotencia, Olvido, Reducción del tiempo de reacción, Fatiga, Mala concentración, Debilidad.**

Los primeros signos de intoxicación grave pueden ser malestar estomacal (o calambres), debilidad, dolor en las articulaciones y / o cansancio. Los niños sufren mucho de plomo. Puede conducir a muchos problemas, incluyendo cambios emocionales y daño cerebral.

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