

## Certified Laboratories.



- In Connecticut a list of certified laboratories can be found on the Connecticut State Home Page, [www.state.ct.us/dph](http://www.state.ct.us/dph) or call (860) 509-7299.

(Search for Environmental Laboratories. Select the first document "Environmental Laboratory". Select In State or Out of State Commercial Laboratories. Tests that laboratories perform will be listed as "Paint Chips, Soil, Dust Wipes - Lead". [Note: Some labs may not perform all three tests.]

- Vermont State Home Page, [www.state.vt.us/health](http://www.state.vt.us/health) or call (800) 439-8550.
- Maine Health and Environmental Testing Laboratory (207) 287-2727.
- New Hampshire Public Health Laboratories (603) 271-4660.

## For More Information.



Call your local public health agency.

- Connecticut Department of Public Health (860) 509-7299
- Maine Department of Environmental Protection Program (207) 287-2651, (800) 452-1942
- Massachusetts Division of Occupational Safety (888) NO-LEAD-0
- New Hampshire Childhood Lead Poisoning Prevention Program (800) 897-5323, (603) 271-4507
- Rhode Island Childhood Lead Poisoning Prevention Program (800) 942-7434
- Vermont Childhood Lead Poisoning Prevention Program (800) 439-8500 (in VT) or (802) 652-0358 (outside VT)
- New England Lead Coordinating Committee (617) 636-2431



## The Homeowner's Guide to Lead-Safe Painting And Home Improvement

Protect Your Family. Work Lead-Safe.



## Before You Begin.

Removing paint that contains lead is the most hazardous part of a painting or home improvement project. Lead paint was used in homes built before 1978 and extensively in homes built before 1960. If you will be disturbing old paint by sanding, scraping, using heat guns or installing new windows, then you may create lead dust, chips and fumes. Lead dust, the most common cause of lead poisoning, is so small that you cannot see it or clean it up with a broom or regular vacuum.

When lead is inhaled or ingested, it may cause lead poisoning. All it takes is as much lead dust as found in a packet of sugar or a paint chip smaller than a fingernail to poison a child. Lead poisoning can result in serious harm to the brain, kidneys, nervous system and red blood cells. Lead is especially dangerous to children and pregnant women. Whether you do it by yourself or hire a professional, renovation work does not have to create a lead hazard.

## The Fuss About Dust.

Choose work methods that create the least amount of dust.

- Wet surfaces by misting then hand sand or scrape
- Use chemical strippers (but not those containing methylene chloride)
- Use heat guns at a low-medium setting, but not above 700°F.
- Consider buying or renting a HEPA vacuum which can be used safely where there is lead dust.



## Play It Safe.

Always follow these safety guidelines as you work.

- Keep children and pregnant women out of the work area.
- Work on one room at a time.
- Remove as much furniture as you can from the room.
- Cover remaining furniture with 6 mil plastic securely taped in place.
- Close off the work area by taping 6 mil plastic over all doors, windows, the floor, ground, and other exposed surfaces.
- Turn off forced-air heating and air conditioning systems and cover vents with 6 mil plastic securely taped in place.
- Allow only workers to enter the area until the job is complete. Be careful not to track dust out of the work area.
- Don't eat, drink, or smoke while in the work area.
- Use a plant mister to wet the work surface before hand scraping and sanding.
- Mist drop cloths/plastic sheets before folding in or rolling up. Misting will suppress dust.
- If others do the work, ensure that they follow these work practices to protect your family's health and safety.



## The Right Stuff.

Using the proper equipment will help you complete your job safely.



- Protective equipment (such as safety glasses, disposable gloves, hat, shoe covers, protective clothing and NIOSH approved respirator for lead dust.)
- 6 mil plastic drop cloths
- Duct tape
- Mops and buckets (two)
- All purpose cleaner or cleaner made just for lead clean-up
- Spray bottles/plant misters
- Disposable rags or paper towels
- Heavy duty plastic bags
- HEPA vacuum (to locate a HEPA vacuum call participating agencies on the back of this pamphlet or refer to the yellow pages of the telephone book under "Safety Equipment and Clothing" or "Asbestos Removal Equipment & Supplies")



## Leave The Scene Clean.

Always clean up carefully at the end of each workday.



- Change work clothes and shoes before leaving the work site.
- Wash hands and face immediately after leaving work area.
- Shower and wash hair as soon as possible after work/clean-up is completed.
- Wash work clothes separately from other laundry items.

### AT FINAL CLEAN-UP

- Mist all dust and chips and place in double plastic garbage bags.
- Mist drop cloths and carefully roll or fold inward (to keep the dust from flying around) and discard in double plastic garbage bags.
- Use two buckets, one with detergent and one with clean rinse water.
- Use a HEPA vacuum, if available. If a HEPA vacuum is not available the two bucket method, if done carefully, should be sufficient.
- Wash floors, walls, window components, etc. with an all purpose cleaner and disposable or paper towels then rinse well.
- Change rinse water often.
- Dispose of towels in plastic bags.
- Never burn leaded debris or debris that contains paint chips or lead dust.



## Take It Off Slowly.

Never use these dangerous paint removal methods.



- Don't dry scrape or dry sand (except near electrical outlets and switches)
- Don't sandblast
- Don't use an open flame or torch to burn off paint
- Don't power sand or grind (unless shrouded tool with HEPA vacuum attachment is used)
- Don't use methylene chloride - it's toxic
- Don't use heat guns which operate over 700° F.

## Keep It Clean.

Make sure to test for lead dust when your job is finished.



- Take dust samples to determine whether the final clean-up has been thorough.
- Before taking a sample, contact the testing laboratory to get specific materials, instructions and paperwork.
- Lead dust test kits are available in many hardware and paint stores.
- If you are an apartment owner or an independent contractor you may want to have an outside third party collect dust samples.



## Dust Sampling.

It is recommended that three samples (the floor, a window sill and a window well) be taken in each room where work has been done.

For the floor:

- Measure a 12" by 12" square (you may want to outline it with masking tape)
- Place unpowered disposable gloves on hands.
- Take a moist baby wipe or towellette and wipe the area in an "S" pattern from top to bottom. (Avoid wipes that contain aloe or that are scented.)
- Fold wipe with dirty side in.
- Using the clean side, wipe the area in the same "S" pattern from side to side.
- Place wipe in appropriate labeled container. (Contact laboratory for specific containers.)

For window wells and window sills:

- Follow same process as above, but area does not have to be 12" by 12".
- Measure length and width of the wiped area and record on the sampling form.

Be sure to properly label sample containers and complete laboratory sampling form.

Remember to change gloves between samples. Lead dust on gloves can contaminate samples.

