
LEAD HAZARD AWARENESS & SAFE CLEANING

Objectives

Participants will be able to

- Identify the hazards of lead
- Identify how to clean effectively in order to remove lead dust and particles
- Explain how to prevent elevated lead blood levels in children

Module Outline

- *Video*: Kids Run Better Unleaded
- Lead Hazard Awareness - What is lead? Where is it? How can you prevent lead poisoning?
- *Activity*: Safe Cleaning of Lead Dust

Materials

Handouts Folder

- “Healthy Homes, Healthy Families: Lead Resources” (Lewiston/Auburn)
- “Lead Poisoning Home Checklist” (EPA)
- Lead Tipsheet #1 “Testing your Child for Lead – What to expect at the doctor’s visit” (ME CDC)
- Lead Tipsheet #5 “Keeping your Child Away from Lead “ (ME CDC)
- “Protect Your Family from Lead in Your Home” (EPA) or “Ka Badbaa di Qoyska Halista Leedhka” (EPA)
- “Raadinta Sunta Rasaasta ee Guriga: Waa Maxay Sunta Rasaasta?” (MDH) - What is lead? *For Somali participants*
- “Lead and a Healthy Diet” Select pages (EPA)
- “Don’t take lead home from your job!” (ME CLPPP)
- “Cleaning up Sources of Lead in the Home” (MDH) or “Nadiifinta Ilaha ka Imaanayaan Sunta Rasaasta ee Guriga” (MDH)
- “Intensive Cleaning vs. Maintenance Cleaning Handout” (also distributed on Home Visits)

DISCUSSION: LEAD HAZARD AWARENESS

Materials to gather

- Mop
- 2 Buckets
- Detergent
- Disposable cloths
- Disposable gloves
- Folders for handouts
- Video: Kids Run Better Unleaded [2 copies to view simultaneously in multiple languages]

DISCUSSION: LEAD HAZARD AWARENESS

Introduction

Welcome to the Healthy Homes, Healthy Families class! In today's class we will explain the hazards of lead, demonstrate how to clean effectively for lead dust, and discuss how to eliminate pests in your home. We have invited a representative from Pine Tree Legal to review what your rights and responsibilities are as a tenant.

Today's instructors are

Feel free to ask questions at any time during the class. We have a folder with handouts that provide more information about the topics we are discussing today. For information about local resources about lead see the handout **Healthy Homes, Healthy Families: Lead Resources**. [Direct participants to the handout in their folder]

We will begin with a video that will introduce what lead is.

Video: Kids Run Better Unleaded

[6 minutes]

Questions to ask participants after the video (see discussion format below)

- What is lead?
- Where do you find lead paint?
- How can lead hurt a child?
- When should you get a lead test for your child?

Overview: Lead Hazards in and around the Home

[25 minutes]

Note: Only review "What is Lead?" if the participants require a review of the terminology.

I. What is Lead?

- Lead is a poisonous, heavy metal.
 - ▶ Our bodies cannot use the metal so exposure to lead can make us sick.

II. Where is Lead found?

- Main sources of lead

DISCUSSION: LEAD HAZARD AWARENESS

1. Lead-based paint

- is found in older homes, pre-1978 especially.
- is most likely on floors, windows, doors, and trimwork (like baseboards)
- is a hazard if it is peeling, chipping, chalking, or cracking.

2. Contaminated dust

- forms when lead paint is dryscraped or sanded
- forms when surfaces painted with lead rub together (e.g., window sills)
- Lead dust can gather on surfaces and objects that people touch or that children put into their mouths.

3. Contaminated soil

- Occurs when exterior lead-based paint from houses, buildings, or other structures flakes or peels and gets into the soil.
- Soil near roadways can be contaminated from past use of leaded gasoline in cars. For instance, the median where kids often play can contain contaminated soil.

- If you live in an older apartment with chipping and peeling paint, notify your landlord immediately about it.
 - ▶ **Pine Tree Legal Associates** will discuss how to handle this issue in more detail.
- Other sources of lead
 - ▶ **Drinking water from old pipes** (lead pipes, lead solder, brass fixtures and valves)
 - ▶ **Lead-based painted toys** and household furniture
 - ▶ **Imported lead-glazed pottery**
 - ▶ **Hobbies or jobs** (stained glass, fishing sinkers, lead shot, furniture refinishing)
 - ▶ **Consumer products** (imported toys, chalk, jewelry)
 - ▶ **Folk remedies** (Greta, Arzacon, Pay-loo-ah) and some herbal remedies (Ayurvedic)
 - ▶ **Cosmetics** (Kohl, Kajal)

III. How can lead hurt a child?

- **Lead can hurt children and affect their development.**
 - ▶ Children under the age of **6** are especially at risk for lead poisoning.

DISCUSSION: LEAD HAZARD AWARENESS

- ▶ Lead poisoning can **cause** learning, hearing, and behavioral problems.
- ▶ Lead can **hurt your child's brain**, kidneys, and other organs.
- ▶ Lead stops good minerals such as iron and calcium from working right
- ▶ Some of these effects can be **permanent**.

IV. When should you get a lead test for your child?

Direct participants to ME CDC Lead Tipsheet #1 - Testing your Child for Lead – What to expect at the doctor's visit

- Children who have lead poisoning usually **do not look or act sick**.
 - ▶ The only way to know if your child has lead in her body is to have a **blood test** for lead.
 - ▶ **Ask your doctor** to test your child for lead.
- At **ages 1 and 2** all Maine children require a lead test.
 - ▶ Your doctor will order this test as part of your child's annual check-up at 1 and 2 years of age.
- If you are a **recent immigrant to the United States**, your child should be tested for elevated blood lead levels up until the age of 16 years of age.
 - ▶ **Children under 16 years of age who immigrate** to the United States require a blood lead test **within 90 days** of coming to the US
 - ▶ If you are an immigrant or refugee from **Africa** – countries like Somalia, Ethiopia, Sudan, for example – **you must get your children tested for lead**.
 - ▶ **3 - 6 months** after finding a place to live, your child needs another lead test.
- If you **notice your child (or grandchild) chewing on a window sill** or another painted surface, or with a paint chip in her mouth, you should **notify your doctor** and **ask for a lead test** for your child.
 - ▶ Especially for children under the age of 6!
- If your child's **lead test comes back high**, your **doctor** will give you the best advice on how to care for your child.
 - ▶ If your child's lead test comes back high, your child will need to be tested again.
 - ▶ You may want to call the **State of Maine Child Lead Prevention Program** for more information about your child's elevated blood levels.

DISCUSSION: LEAD HAZARD AWARENESS

- Refer participants to **HHHF Lead Resources Handout** again

V. How do we keep children away from lead?

Direct participants to ME CDC Lead Tipsheet #5 – Keeping Your Child Away from Lead

- **Lead dust** is the most common way for children to get lead into their bodies.
 - ▶ Lead dust
 - Comes from **old lead paint**
 - Can **remain in your home** for a long time
 - Can be **brought home on clothing from construction or painting jobs**
 - Can come from home renovation/repair projects
- **Think about where your child plays**
 - ▶ Is there chipping paint nearby?
 - Pick-up any paint chips and throw them in the garbage
 - Wash hands after picking up the paint chips
 - ▶ Keep children away from any chipping paint
 - If child plays near a window with chipping paint, put something like furniture or fabric in front of the window so your child can't touch the chipping windowsill
 - If you live in an apartment, don't let your child play in the hall, on the stairs, or on the porch.
 - ▶ Wash the floor where children play
- **Think about how to keep lead dust out of children's mouths**
 - ▶ Wash children's hands before eating and before going to sleep
 - ▶ Wash children's toys and pacifiers
 - ▶ Don't let children eat food that has fallen on the floor
 - ▶ Wash up dust that has lead in it
 - Wash the wood around windows and doors
 - Wash floors often
 - ▶ Vacuum carpets

DISCUSSION: LEAD HAZARD AWARENESS

VI. How do you remove lead dust from your home? Effective WET Cleaning!

Direct participants to the handouts - “Cleaning up Sources of Lead in the Home” (MDH)
or “Nadiifinta Ilaha ka Imaanayaan Sunta Rasaasta ee Guriga” (MDH)

- **Use water and cleaning detergents** to clean old windows and floors.
 - ▶ Wet cleaning methods remove lead dust best!
- **Do an INTENSIVE CLEANING**
 - ▶ Before moving into an apartment
 - ▶ After repair or renovation projects
 - ▶ If a child has an elevated blood lead level
- **After the first cleaning, do a MAINTENANCE cleaning every one to two-weeks**
 - ▶ Concentrate on where child spends most time
 - ▶ Use wet cleaning method
 - ▶ Avoid sweeping
 - ▶ Vacuum carpets

VII. What are other ways to prevent lead poisoning?

- In addition to cleaning, you should take the **following precautions** to eliminate any potential risk for lead hazards in your home:
 - ▶ **Keep children away** from peeling or chipping paint
 - ▶ **Wash hands frequently**, especially before meals and bedtime
 - ▶ **Wash toys and pacifiers** frequently
 - ▶ **Take off shoes at the doorway** so you don't track lead particles or other contaminants through your home.
 - ▶ **Keep kids away from any dirt around your building** or around a chipping and peeling paint.
 - ▶ Make sure your child eats a healthy diet **low in fat** and **high in iron, calcium, and vitamin C**.

ACTIVITY: SAFE CLEANING OF LEAD DUST

Activity: Cleaning Lead Dust Effectively

[15 minutes]

- Reiterate the difference between an **INTENSIVE** cleaning and a **MAINTENANCE** cleaning.
- Remind participants of the **Handout**: “Cleaning up sources of Lead in the Home” (English and Somali)
- Prepare four buckets of soapy water (remember, the **TWO BUCKET SYSTEM**).

Demonstrate Steps for an **INTENSIVE** cleaning [Handout]

1. Use a two bucket method to clean
 - Fill one bucket with detergent and water
 - Fill second bucket with water for rinsing
2. Wear disposable gloves
3. Start at the top and work down
4. When cloths get dirty, throw them away
5. Discard dirty water in the toilet
6. Rinse with water and clean rag
7. After mopping the floor, throw out mop head and replace with a new one
8. Throw out all cloths/rags, mop head, gloves into a plastic garbage bag

Activity: Split the class into two groups.

- The first group will clean window sills and doors. The second group will mop the floor and wipe down baseboards.
- Distribute cleaning supplies: mops, buckets, and disposable cloths.
- Guide participants through the steps of effective cleaning. Remind them that they must dispose of mop heads and disposable cloths after the first cleaning to ensure that lead dust or particles are not reintroduced into the home.
- Replace the mop head and get clean disposable cloths.

Do you have any questions?

ADDITIONAL RESOURCES FOR INSTRUCTORS

State of Maine Childhood Lead Prevention Program (ME CLPP)

<http://www.maine.gov/dhhs/eohp/lead/>

State of Maine Lead Hazard Prevention

<http://www.maine.gov/dep/rwm/lead/index.htm>

US EPA Lead Awareness Program

<http://www.epa.gov/lead/>

Minnesota Department of Health Lead Prevention Program

<http://www.health.state.mn.us/divs/eh/lead/fs/index.html>

EPA *Healthy Beginnings Lead Curriculum* for ELL/ESOL Students

<http://www.epa.gov/region01/eco/lead/>

<http://www.epa.gov/region01/eco/lead/pdfs/Healthy-Beginnings-Teachers-Guide.pdf>