

Lead

There is **no** safe level of lead in the body. Lead can harm anyone, but young children and pregnant women are at special risk. The harm done by lead may never go away. Lead in the body can:

- Hurt the brain, kidneys and nervous system
- Slow down growth and development
- Make it hard to learn
- Damage hearing and speech
- Cause behavior problems

Lead Paint

Dust from lead paint is the major source of lead poisoning in children in Vermont. In 1978, lead was banned from house paint. Most homes built before that time are likely to contain lead. Children can be exposed to lead by chipping or peeling paint, during renovation projects or whenever lead paint is improperly sanded, scraped or burned. They can breathe in the lead dust as well as get the dust in their mouths.

Young children can be exposed to lead by eating, chewing or sucking on lead-painted objects. Metal objects may also contain lead. Over time, lead paint on surfaces crumbles into invisible dust that contaminates homes and soil. This dust or soil clings to toys, fingers and objects that children put in their mouths.

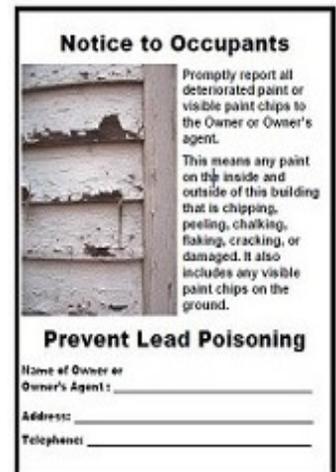
Vermont Lead Law

The lead law applies to child care facilities and residential rental properties built before 1978. It prohibits certain work practices and requires lead-safe work practices when disturbing more than one square foot of paint.

When a child care facility is in a building built before 1978, the lead law requires that:

- Essential Maintenance Practices (EMP) are performed or supervised by a person who has successfully completed a training program approved by the Health Department.

- If more than one square foot of deterioration is found, the EMP law requires that the deterioration must be repaired within 30 days and the repairs must be made using lead-safe work practices.



- A poster is hung in a prominent place asking people to report chipping or peeling paint.
- A Compliance Statement is filed every year with the Health Department, the Department for Children and Families, and the insurance carrier, stating that EMPs have been done.

Essential Maintenance Practices

Essential Maintenance Practices include:

- Inspecting the property inside and outside
- Identifying areas where paint is in poor condition and fixing it in a lead-safe way
- Installing low-cost liners in window wells for easier cleaning
- Taking precautions during remodeling to prevent spread of lead dust
- Performing a specialized cleaning

Resources

Vermont Housing and Conservation Board Lead Hazard Reduction Program

800-290-0527 or (802) 828-3254

www.leadSAFEvermont.org

Vermont Department of Health Healthy Homes Lead Poisoning Prevention Program

800-439-8550 or 802-864-7786

www.healthvermont.gov

Other Sources of Lead

Children can get lead poisoning from sources other than lead paint. Many products may contain lead.

- Toy jewelry made in other countries
- Toys made in other countries
- Children's jewelry
- Imported candy, especially from Mexico
- Imported cans of food
- Metal keys
- Imported make-up and home remedies



Prevention

Lead poisoning is a serious, but *preventable* health problem. Keep children away from sources of lead. You can also help prevent lead poisoning by educating parents, maintaining your building in good condition, cleaning in a lead-safe way, and serving healthy foods.

Education

- Educate parents about the hazards of lead.
- Give parents a lead poisoning prevention brochure available at the Health Department.
- Teach children to stay away from chipping and peeling paint.
- Inform parents their children should have a blood lead test at age 1 and again at age 2.
- Refer parents with questions to the Health Department lead hotline 1-800-439-8550.

Maintenance

- Check for chipping, peeling, cracked or disturbed paint.
- Block children's access to chipping, peeling, cracked or disturbed paint until it is fixed.
- Install window well inserts to provide a smooth cleaning surface.



- Use lead-safe work practices such as wet sanding and wet scraping.
- Do not use a belt sander or heat gun. Do not dry scrape or dry sand.

Cleaning

- Use only a vacuum with a HEPA filter, and vacuum slowly.
- Wet mop floors instead of sweeping.
- Use disposable towels to wet clean window sills and other surfaces.
- Leave shoes at the door to prevent tracking soil that contains lead into the house.
- Wash children's toys often to remove invisible lead dust.



Eating Healthy

- Serve children fruits, vegetables and dairy products, as well as iron-rich foods.
- Plant vegetable and other food gardens in lead-free soil.
- Run water until cold for cooking, drinking and making formula.
- Wash children's hands often, especially before meals and naps.
- Serve snacks and meals to children at the table or in their highchairs.

