

Lead can be found in unexpected places

Know where there might be lead and how to protect yourself from exposure.



Lead exposure is a known health risk. Fortunately, lead exposure has declined significantly over the last 30 years due to the removal of lead from paint, gasoline, and other products. However, sources of lead exposure still remain. Studies have identified that even lower levels of lead exposure can cause health effects, particularly for unborn or young children, who are more sensitive to lead exposure and whose behaviour and intellectual development can be effected. That's why it's important to know how lead exposure happens, and what you can do to reduce exposure for yourself, your family, and children in your care.

Some consumer products contain lead

While lead has been eliminated from many of the things you normally buy, some products still have lead in them. The Canadian Consumer Product Safety Act limits the lead content in consumer products that children are likely to be in contact with as well as in glassware and glazed ceramics sold in Canada. Goods purchased outside of Canada may contain higher levels of lead.

Some of the products that can contain lead include:

- Pipes
- Metal sheeting
- Lead-acid car batteries
- Ammunition
- Solder
- Antiques, including old children's toys, may contain lead paint or be made of lead
- Products from other countries such as traditional medicines, ceremonial powders, health products, cosmetics, or spices (especially turmeric, curry or tamarind)
- Toys, glass or ceramics, and utensils brought from other countries may contain higher levels of lead
- Glassware, lead crystal, and ceramics with lead-based glazes can transfer lead in food or beverages served in them
- Candles with lead in their wicks can release lead vapours when burned
- Older horizontal plastic mini-blinds made in Asia or Mexico
- Products such as waste oil, coloured newsprint, battery casings, television or computer screens, may contribute to lead exposure if they are disposed of incorrectly



Here's what you can do about it:

- Avoid using products containing lead in your home
- Do not use lead crystal containers for food or beverages
- Do not serve pregnant women or children drinks in crystal glasses
- Keep toys or products with lead away from young children
- Ensure no one is sucking, chewing, or swallowing an item containing lead
- Do not burn painted wood, coloured newsprint, or candles with lead wicks
- Properly dispose of oil, batteries, battery casings, and electronics



See the full list of consumer products recalled for lead levels at: recalls-rappels.canada.ca/en

If you have further questions about lead exposure, contact Health Links — Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.