

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.

Lead dust at firing ranges can be harmful

Lead particles are spread when lead shot strikes the target, trap, or other surfaces. These particles can expose you to lead when they're inhaled or can settle on your skin and clothing. In addition, eating, drinking, or smoking after touching these particles without washing your hands can expose you to lead.

Here's what you can do about it:

- Use lead-free ammunition or jacketed ammunition with a non-lead primer
- Never eat, drink, or smoke in the range
- Wash your hands, arms, and face after touching firearms or ammunition and before drinking, eating, or smoking
- Shower before leaving or immediately upon arriving home to wash lead residue out of your hair and off your body
- Remove lead-contaminated clothing items before leaving the firing range and put them in a washable laundry bag. Wash your firing range clothes separately from other clothing

Learn more about lead safety on the range at manitoba.ca/health/publichealth/factsheets/leadfiringranges.pdf



Wild game and fowl may contain traces of lead

Hunting with lead shot can leave small amounts of lead in wild game and fowl. This can potentially be swallowed by people when they eat the meat, exposing them to a significant amount of lead.

Here's what you can do about it:

- Use lead-free shot
- Ensure proper processing of game and fowl and that no lead shot is left in the meat
- If using lead shot, avoid damaged meat and trim around the wound channels

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.