



# Jefferson County Sportsmen's Association

## Lead Awareness Fact Sheet

### Lead in Firing Ranges: Fact and How to Minimize Exposure

#### How does exposure to lead occur on firing ranges?

Ammunition and primers containing lead are the primary source of lead dust in firing ranges. Lead dust generated when firearms are discharged circulates in the air and settles on surfaces. Anyone using or working/volunteering at the range may be exposed by inhaling the dust or by coming in contact with surfaces contaminated with dust.

#### How does Exposure to lead affect your health?

Symptoms of prolonged exposure to lead include muscle and joint pain, hypertension, digestive problems, nausea, difficulty in concentration and memory loss, irritability, and difficult pregnancies. Your family can also be adversely affected as lead dust can easily be transported in clothing and body. Children, in particular, can suffer from neurological disorders including learning and behavioral problems, hearing problems, migraines, and impeded growth.

#### How to Minimize Exposure to Lead Dust:

**Housekeeping** All indoor surfaces should be kept free of lead dust as it accumulates by using either a wet mop or a HEPA vacuum. When replacing vacuum filter, follow the manufacturer's instructions and take care to prevent reintroducing trapped lead particles back into the air. Immediately place the used filter into an appropriate, sealed container for disposal. Wear appropriate protective equipment while performing this task. Methods that stir up lead dust (e.g., sweeping or use of compressed air) should not be used. While working in the Indoor Range, the ventilation should be turned on (unless performing work on the ventilation system). Housekeeping should be performed on a regular schedule to remove accumulations of lead dust.

#### How to Minimize Exposure to Lead Dust

**Working Near Berms:** Wear protective gear, including a dust mask and safety glasses when working near the berms. Do not work near the berms during dry and windy weather. Do not disturb the berms. Lead recovery should only be performed by a qualified contractor.

**Ventilation:** Maintaining stable, uniform airflow with good ventilation reduces the level of dust in the air. Ensure that air circulates across all shooting booths carrying the gun smoke away from the shooter's face.

**Hygiene:** Avoid eating, drinking, using tobacco products, and using cosmetics on the range. Wash hands prior to handling food or personal products. Remove lead dust from shoes and clothing by HEPA vacuuming before entering lunchroom facilities. Leave used shoes and boots at the range or clean them before entering your home or vehicle. Remove range clothing and place in a bag for laundering. Wash range clothing separately from other clothing. Upon entering home, immediately shower to remove lead dust from hair and skin.

Additional information on lead can be found at the Center for Disease Control and Prevention Website:

[http://www.cdc.gov/exposurereport/pdf/factsheet\\_lead.pdf](http://www.cdc.gov/exposurereport/pdf/factsheet_lead.pdf)

**Tip:** By using jacketed and plated ammunition, especially with a nonlead primer, airborne lead level can be significantly reduced.

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