

## Simple Steps Can Reduce Exposure to Lead

### Reducing Lead Hazards While at the Firing Range

- Use non-lead ammunition and primer such as copper or polymer-jacketed bullets whenever possible.
- Don't eat or drink inside the range or rooms adjacent to the range.
- Wash your hands and face immediately after shooting, cleaning firearms, picking up spent casings/pellets, or reloading ammunition, and before eating or drinking.
- Never use brooms to sweep up spent casings. Sweeping stirs up dust. Pick up casings by hand.
- Leave a pair of shoes, a hat and a set of washable coveralls at the range to be used only for shooting, or keep them in separate plastic bags. Wear the coveralls over your street clothes. Wash them frequently but separately from other clothes.
- Have your blood tested for lead periodically to help evaluate your exposure.

### For more information

Contact the New York State Department of Health

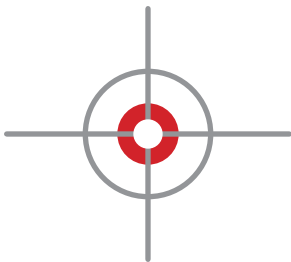
Call (518) 402-7900  
or toll free at (800) 458-1158 ext. 27900

Email [boh@health.state.ny.us](mailto:boh@health.state.ny.us).

State of New York  
Department of Health

# Aim at Lead Safety





*Do you...*

*Do you  
use indoor  
firing ranges?*

*Do you  
cast bullets  
or tumble casings?*

*Do you  
reload ammunition?*

**If so, you are probably  
exposed to lead.**

## **What You Don't Feel May Hurt You**

### **How shooters are exposed to lead**

Most ammunition contains lead within the bullet and the primer. Lead is released into the air when the gun is fired and forms small particles that you can breathe. Lead particles are also formed as the lead bullet spirals through the barrel. These particles of lead can get into your body when you breathe them or swallow, such as when you eat or drink.

### **How lead can harm you**

Absorption of lead into your body is hazardous to your health. Lead is stored in the blood, liver, kidney and bones. Frequent exposure to lead, particularly at high levels, can harm the nervous, digestive and reproductive systems, the brain, kidneys and can interfere with the body's ability to make blood. Symptoms of exposure to high lead levels may include loss of appetite, joint pain, sleep pattern changes, personality changes and sexual dysfunction. Lead dust that settles on clothes, shoes, skin, or hair can be carried home. Lead in the home is especially dangerous for children.

## **Questions You Should Ask the Range Management**

- Does the indoor range have a dedicated exhaust ventilation system?
- How often is the range cleaned?
- Do they use a high efficiency particulate air (HEPA) vacuum system and wet cleaning methods?
- Is lead-free ammunition available in the range store?
- Are there posters in the range addressing lead hazards and protective methods?