



# Environmental Exposures

at home and work

## Did you know?

*Using chemicals at work or with hobbies can put families at risk for health effects.*

## Action Plan

- If you work with chemicals, don't track them into your home.
  - Change clothes and shoes before returning home.
  - Shower before returning home or as soon as you get home.
  - Wash work clothes separately from clothing of other household members.
- If you are pregnant, or would like to be in the future, ask about possible harmful exposures at jobs such as construction, lead battery/car work, and farm/agriculture work.
- When performing activities that may involve lead, use safety measures that reduce lead hazards to you and your family. These include home renovations, using artist paints, working with stained glass, working with lead fishing weights, and bullet casting.

[more](#) →

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Resources

To learn about reducing lead exposure in your home, visit [epa.gov/lead](http://epa.gov/lead), under Safety Information select "Steps to Reduce Lead Exposures in the Home" and scroll down to "Jobs and Hobbies."

If you work with pesticides, learn more about how to prevent bringing them home: visit [npic.orst.edu](http://npic.orst.edu) and search "Work."

For local resources concerning occupational and environmental exposures:

New York State	<a href="http://health.ny.gov/environmental">health.ny.gov/environmental</a>
New Jersey	<a href="http://nj.gov/health/workplacehealthandsafety">nj.gov/health/workplacehealthandsafety</a>

For more information, visit [icahn.mssm.edu/research/pehsu/information](http://icahn.mssm.edu/research/pehsu/information)