



LEAD AND SHOOTING

HEALTH GUIDE
FOR SHOOTERS



Shooters can be exposed to lead when:

- using and cleaning firearms
- handling and making ammunition
- visiting and using shooting ranges

The effects of lead on your health

Lead can be harmful to your health. The symptoms of elevated levels of lead in blood are not always obvious. Exposure to lead can cause:

- tiredness, weakness and joint pain, headaches
- memory loss and difficulty concentrating
- damaged kidneys
- heart, blood and blood pressure issues, and
- reduced fertility.

Protect your family – don't take lead home

Clothes and shoes worn during shooting and other related activities can become contaminated with dust, particulates and fumes that contain lead.

These contaminants can be transferred to your vehicle, home, pet or to another person. If possible, change out of the clothes and shoes you wear during shooting before getting in your vehicle and leaving the range.



Reduce lead exposure

Minimise your exposure by:

- Using lead-free ammunition, lead free primers, lead free projectiles, or jacketed projectiles
- Avoiding smelting your own projectiles, or if you do, wearing personal protective equipment (PPE) including a respirator (dust mask) with at least a P2 rating.

Practice good personal hygiene by:

- Not eating, drinking and smoking while shooting
- Washing hands, neck and face as soon as possible with soapy cold water prior to taking breaks, drinking or eating, having a cigarette, and after shooting.
- Showering and washing your hair after shooting, preferably at the range or first thing after returning home
- Changing your clothes and shoes before leaving the range, and placing them in an airtight bag for transport away from the range
- Washing clothes used for or an activity related to shooting separately, including an extra rinse, to prevent contaminating other clothes.

Wear personal protective equipment including:

- Disposable coveralls or clothing and shoes specifically for shooting (wash separately)
- Disposable gloves
- A dust mask of at least a P2 rating, and
- Hearing protection while on the range or shooting.



Concerned about possible exposure to lead?

Lead exposure can be measured via a blood test. Discuss the need for testing with your doctor.

Elevated blood lead legislation

In Queensland, if a person has an elevated level of lead in their blood (indicated by a blood test), notification is required by the testing laboratory under the *Public Health Act 2005* or, in the case of a worker, the firing range under the Work Health and Safety Regulation 2011.

Notifications are investigated to identify exposure sources and provide advice on ways to limit the risks from lead.



For more information visit

www.worksafe.qld.gov.au and search lead