The following are some simple steps to follow to protect you and your family from lead poisoning.

- **DON’T SMOKE ON THE RANGE**: Smoking tobacco products on the range should be discouraged to prevent acceleration of inhaled lead into the blood stream.

- **DON’T EAT ON THE RANGE**: lead dust on the hands and face can be ingested through contact with food.

- **DON’T COLLECT BRASS IN HATS**: Many shooters use their hats to collect spent brass causing the hat to become covered in lead. When the hat is placed on the head, the lead is deposited onto the hair and absorbed into the skin.

- **DO BE AWARE FACE, ARMS HANDS & CLOTHING ARE COVERED WITH LEAD**: Wash thoroughly with COLD WATER and soap, particularly those with facial hair.

- **DO BE AWARE THAT HAIR AND CLOTHES ARE STILL CONTAMINATED**: To prevent cross-contamination, range clothes should be washed separately from other family clothing, especially those of infants.

- **DO CHANGE RANGE SHOES BEFORE ENTERING RESIDENCE**: Clothes, shoes and shooting gear are transporters of lead home to the family. Shoes should be left at the door to prevent lead from being tracked onto the floors and carpets.

- **DO AVOID PHYSICAL CONTACT WITH FAMILY MEMBERS UNTIL A SHOWER SHAMPOO & CHANGE OF CLOTHES**: Lead can be transferred by casual contact; family and friends should not be hugged and kissed until shower, shampoo and a change of clothes. Young children like to rush up to parents for a hug, this display of affection should be avoided if the shooter is still in range clothes.