

Lead is a naturally occurring element and there is lots of it in the Rosh Pinah area. As such, lead has been mined in Rosh Pinah for many years. It's in the dust, dirt and soil.

Our dry climate means lead dust gets into everything via the air. It can also be found in old lead paint, especially in homes built before 1970.

When lead builds up in our bodies it can make us sick.

Main exposure pathways of lead



98% ingestion

- Dirty hands
- Unwashed food
- Unwashed toys
- Household dust
- Dust, dirt and soil
- Old flaking and chipping lead paint
- Old lead paint dust



1% inhalation

- Household dust
- Dust, dirt and soil
- Old lead paint fumes
- Old lead paint dust



1% absorption

- Through dirty hands, skin and hair
- From mother's blood across the placenta to an unborn baby



Lead can harm children's brain development, which may cause behaviour and learning problems that can last a lifetime.

There are simple things you can do to prevent and reduce the potential health risk from lead. Living smart can reduce the amount of lead our children are exposed to, helping them grow up strong and healthy.



For more information, please ring (within working hours, 7am to 4pm)

(063) 274 392

Do you have a question, concern or feedback for us? Scan the QR or go to bit.ly/RPZgrievance and fill the form.



www.roshpinahzinc.com/lead-care



Republic of Namibia
Ministry of Health and Social Services



Occupation safe

Mine workers and tradespeople

Lead SAFE in Rosh Pinah
and other areas of naturally occurring lead



Working safe

People who work in the mining industry reduce their risk of exposure to lead by following guidelines on the safe handling of lead provided by their employers.

Many other trades people such as electricians, plumbers, tilers and builders are at risk of causing harm - to themselves and their families - by disturbing lead dust in ceilings, behind walls and between and under floorboards. Maintenance and renovation work can also disturb existing lead paint or lead pipes.

Work activities such as crawling around in ceilings or demolition can cause lead dust to spread around the worksite. Lead can get on skin, hair and work clothes. Workers can take this lead home on their clothes, boots and equipment such as tools or phones, putting their families at risk of lead harm.

By taking a few simple steps, anyone who has lead in their workplace can reduce their own and their family's exposure to lead.

Work equipment, tools and bags should not be brought into the house. Wipe down personal items such as phones and keep them away from children.

In the workplace

Wash and dry your hands before eating and drinking. Avoid smoking or chewing gum while working, as you could ingest or inhale lead from your hands. Eat regular meals and a healthy diet high in calcium, iron and vitamin C.

If you are working where there may be lead dust, try to minimise the spread of airborne dust.

- Wet wipe areas and surfaces with clean water/clean damp cloth
- Seal the work area off using plastic and tape
- Wear protective clothing including overalls, gloves and work boots
- Wear an approved respirator or face mask as provided by your supervisor
- Make sure your truck has good seals and an air-conditioned cabin
- Cover your truck load
- Keep your vehicle windows closed as much as possible
- Wash your work vehicle before going off-site or going home
- Discourage family visits to worksites that are likely to contain lead
- Clean air conditioner filters regularly

On windy days in the community, a face mask is recommended.



At home

There are simple things you can do to avoid bringing lead home from work at the mine or working on cars, clothes, bags and other work items.

Showering, washing hair and cleaning under fingernails before coming home from work will help reduce the chance of exposing your family to lead. If you can, use washing facilities at work.

If you can't change clothes or shower before leaving work, remove your work boots and dusty clothes before coming into the house. Keep your work gear separate from other clothing and wash it separately to avoid spreading lead dust around.

Shower and wash your hair before playing with the kids. Don't wear work clothes in the family vehicle after work. Keep baby equipment like child car seats out of your work vehicle.