

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
- Leaded petrol fumes



#### 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**



This flyer was issued by Rosh Pinah Zinc



# Pregnancy & babies

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



If you're pregnant or thinking of having a baby, it's time to start planning to minimise exposure to lead. Pregnant women pass lead to their unborn babies through their blood.

A newborn baby's lead level is the same as their mother's.

During pregnancy, and during your first Antenatal Care (ANC) visit you should request the level of lead in your blood to be tested. If the result is concerning, you should be notified and a clinic supervised plan should be made with you to reduce the lead in your blood.

### Healthy Pregnancy

- Lead is readily transferred from the mother to the developing unborn child
- A small amount of lead is transferred to the baby via breast milk. It is essential that all breast feeding mothers minimise their exposure to lead

Lead affects everyone, but it affects children more than adults. Babies are affected the most of all.

Children's bodies absorb lead more easily. Because they are small and their bones and brains are still growing, lead affects them more.

Babies can come into contact with lead in dust, dirt or soil if it is around the home or on adults' skin, hair, shoes and clothing.

As babies grow and are able to move around, they can swallow lead when they put things in their mouths, crawl and play on the floor, touch surfaces indoors and outdoors, and touch their mouths with dirty hands.

- Pacifiers should be washed regularly and pinned to clothing
- Bottles, teething toys and accessories should be washed regularly
- Wash hands before preparing food, feeding or handling a baby



### Eat Safe

Eating healthy foods and snacking regularly whilst pregnant helps reduce the amount of lead that is passed on to your baby. It's good to eat lots of:

- **Calcium** (dairy foods)
- **Iron** (red meat, chicken, fish, eggs and green vegetables)
- **Fibre** (grainy breads and cereals, whole fruits and vegetables)
- **Vitamin C** (eating foods high in vitamin C at the same time as iron helps the absorption of iron)

### Baby Safe

Tradespeople, contractors and mining industry workers should change out of work clothes, shower and wash their hair before holding or nursing their babies.