

Lead safe recreation:

# Lead at indoor ranges

## Who is at risk?

- Pregnant women
- Children
- Range workers
- Target or hobby shooters
- Law enforcement
- Families of those who use the range, especially children

**Lead poisoning is preventable! Protect yourself and your family. There is no safe level of lead.**



## Be aware of the sources of lead at your range

- People who shoot, clean the range, collect casings, and handle spent bullets can be exposed to lead.
- Lead exposure occurs from:
  - Breathing in lead particles or dust after firing a gun
  - Touching lead and lead dust from bullets
  - Eating, drinking, or smoking with contaminated hands

## Prevent shooting range lead exposures

- Use jacketed or lead-free bullets and no-lead primers.
- Make sure the firing range has good ventilation to carry gun smoke away from the shooter and remove airborne lead at the firing line. Verify that air is exhausted, filtered, and discharged directly down range.
- Do not eat, drink, or smoke at a firing range.
- Wear gloves and eye protection when cleaning firearms or firing range surfaces.
- Wash your hands and face with soap and water or clean them with lead decontamination wipes after shooting, handling spent cartridge cases, or cleaning weapons; especially before eating, drinking, smoking, or contacting other people.
- Change and bag clothes, hats, and shoes before leaving a firing range facility and wash these items separately from family laundry.

## Your family may also be at risk

- Shooters and workers can carry lead home on their clothing and skin and expose their families to lead. **Lead in the home is especially dangerous for children and pregnant women.**
- Children's blood lead levels should be tested by their pediatrician. There is no safe blood lead level in children. However, a blood lead level above 3.5 micrograms per deciliter (mcg/L) indicates increased risk of health effects.
- Children exposed to lead may develop lower IQ, learning disabilities, stunted growth, kidney damage, and attention-related behaviors, such as attention deficit hyperactivity disorder (ADHD).
- Pregnant women exposed to lead may experience low birth-weight babies, premature births, miscarriage, and stillbirth.

## Test your blood lead level

- Adults exposed to lead may develop difficulties with memory, attention, learning, hearing loss, infertility, and high blood pressure.
- Contact your health care provider and ask for a simple blood lead level test for you and your family. These tests are covered by Medicaid and most private health insurance.

## Resources

**Idaho Environmental Health Program: Lead webpage.** [healthandwelfare.idaho.gov/Health/EnvironmentalHealth/HealthyHomes/Lead/tabid/941/Default.aspx](http://healthandwelfare.idaho.gov/Health/EnvironmentalHealth/HealthyHomes/Lead/tabid/941/Default.aspx)

**Centers for Disease Control and Prevention: Indoor Firing Ranges.** [www.cdc.gov/niosh/topics/ranges/default.html](http://www.cdc.gov/niosh/topics/ranges/default.html)

**Lead Management and OSHA: Compliance for Indoor Shooting Ranges.** [www.usashooting.org/library/YouthDevelopment/HS\\_and\\_College\\_Programs/Lead\\_Management\\_-\\_NSSF.pdf](http://www.usashooting.org/library/YouthDevelopment/HS_and_College_Programs/Lead_Management_-_NSSF.pdf)

**Occupational Safety and Health Administration (OSHA): Protecting Workers from Lead Hazards at Indoor Firing Ranges.** [www.osha.gov/Publications/OSHA3772.pdf](http://www.osha.gov/Publications/OSHA3772.pdf)

## Contact

**Idaho Department of Health and Welfare  
Environmental Health Program**

[www.environmentalhealth.dhw.idaho.gov](http://www.environmentalhealth.dhw.idaho.gov)

[BCEH@dhw.idaho.gov](mailto:BCEH@dhw.idaho.gov)

(800) 445-8647



**Children and pregnant women are most at risk from lead exposure**



**Never eat, drink, or smoke while shooting**



**Remember to stay safe while enjoying your hobby!**



IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**

June 2020