

Don't Spread Lead
A Do-It-Yourself's Guide to Preventing Lead Poisoning by Working Lead-Safe

Instructors Guide

March 18, 2008

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PREPARATION NOTES

PowerPoint Presentation and Video Clips

The Don't Spread Lead (DSL) PowerPoint presentation consists of 40 slides. Seven of the slides (#3, 15, 17, 19, 23, 26 and 35) have a link to a video clip file (a .wmv file). When you are doing the slide show and come to a slide with a video link, you will be able to click on the square in the middle of the slide to run the clip once you go through the set up described below.

You must have the PowerPoint file and all of the video clip files in the same folder on your laptop's hard drive or on a CD. Before the training, you will need to set up the link between the PowerPoint slide and the video clip. PowerPoint needs to know where to go to get the video clip file. To set this up, follow these steps:

1. Download the PowerPoint file and all of the video clips into one folder on your hard drive or on a CD.
2. Open up the PowerPoint file.
3. Go to the first slide with a video clip inserted (Slide #3).
4. Click on the square in the middle of the slide and delete it.
5. Go to the Insert menu and then to Movies and Sounds. Choose Movie from file.
6. Navigate to your hard drive (or the CD) and choose "Introduction.wmv". Click OK.
7. Choose "When Clicked" in the box that asks "How do you want the movie to start in the slide show?"
8. Right click on the square that was created and choose "Edit Movie Object."
9. Click "Zoom to Full Screen" so that the clip will show on the full screen when played. Click OK.
10. Repeat steps 3 – 9 for slides 15 (Step 1), 17 (Step 2), 19 (Step 3), 23 (Step 4), 26 (Step 5), and 35 (Wrap up).

Other Materials and Supplies



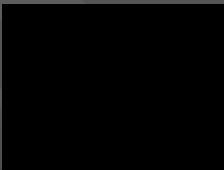

See page 23 for a list of the other materials and supplies you should prepare before conducting the training.

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SLIDES WITH INSTRUCTOR NOTES

SLIDE	INSTRUCTOR NOTES
<p style="text-align: center;">Don't Spread Lead</p> <p style="text-align: center;">A Do-It-Yourself's Guide to Preventing Lead Poisoning by Working Lead-Safe</p> <p>Thanks to the University of Connecticut's Healthy Environments for Children Initiative, the Connecticut Department of Public Health, and the U.S. Environmental Protection Agency, Region 1 for the use of their materials and support.</p>  <p>National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">1</p>	<p>Make sure to acknowledge the University of Connecticut, the CT Department of Health and EPA</p>
<p style="text-align: center;">Why is this course important?</p> <ul style="list-style-type: none"> ■ Homes built before 1978 may contain lead-based paint. <ul style="list-style-type: none"> — Fix-up jobs can create dust and paint chips that contain lead. — Lead is a poison. ■ If your home contains lead paint, you must work lead-safe to protect yourself and others from lead poisoning. ■ This course will show you how to work lead-safe.  <p>National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">2</p>	<p>Describe the format of the course - watch video clip, review information, several exercises. This course takes about 1 ½ hours.</p> <p>Mention that you will talk more in a few minutes about small jobs vs. big jobs and doing a job yourself vs. hiring a contractor.</p>
<p style="text-align: center;">What does working lead-safe have to do with your project?</p> <div style="text-align: center; margin: 20px 0;">  </div>  <p>National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">3</p>	<p>Click on the square to play the video clip.</p>

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SLIDE	INSTRUCTOR NOTES
<div style="background-color: #333; color: white; padding: 10px;"> <p style="text-align: center; font-weight: bold;">What does working lead-safe have to do with your project?</p> <ul style="list-style-type: none"> ▪ Homes built before 1978 might contain lead paint and homes built before 1960 probably do contain lead paint. ▪ Sanding, scraping, or otherwise disturbing paint will create lead-tainted dust. ▪ You, your family and neighbors can be exposed to dangerous lead dust. ▪ You can work safely around lead paint if you follow the simple precautions outlined in this course. ▪ For more information, see the U.S. Centers for Disease Control and Prevention Fact Sheet on Lead Poisoning [www.cdc.gov/lead/basics.htm]. <p style="font-size: small; margin-top: 10px;">  National Center for Healthy Housing Healthy Homes Training Center </p> <p style="text-align: right; font-size: x-small;">4</p> </div>	<p>Review bullet points.</p>
<div style="background-color: #333; color: white; padding: 10px;"> <p style="text-align: center; font-weight: bold;">What does working lead-safe have to do with your project?</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">EXERCISE 1:</p> <p style="text-align: center; font-weight: bold; font-size: 1.5em;">HOW LEAD DUST SPREADS</p> <p style="font-size: small; margin-top: 10px;">  National Center for Healthy Housing Healthy Homes Training Center </p> <p style="text-align: right; font-size: x-small;">5</p> </div> <p>Supplies Needed:</p> <p>New, dark colored, sturdy paper (card stock, file folders, or thick construction paper) cut to roughly 12" x 12"</p> <ul style="list-style-type: none"> - packets of sugar substitute - paper towels - trash bag 	<p>Have each participant spread a packet of sugar on a sheet of paper and rub it thoroughly into the paper, then shake off the excess. Give each participant a paper towel. Ask them to clean the paper until they think all the sugar is gone. Ask them to lick a finger, touch it to the paper and then lick their finger again. Do they still taste any sweetener? Ask what they smelled or tasted during the exercise.</p> <p>Principles illustrated: Lead dust is very fine and is almost invisible on a surface. The fact that participants can taste the sweetener after cleaning illustrates this. The federal gov't defines 40 micrograms of lead dust on a 12" x 12" section of floor as a lead hazard. The sweetener packet contains 1 gram of powder. A microgram is 1millionth of a gram. More than 40 micrograms of the sweetener would have remained on the paper after cleaning. Dry methods (scraping, sanding, broom-cleaning) spread dust. Fine dust will become airborne and settle on other surfaces.</p> <p>Sweetener Packet Math (<i>Use the information below only if asked by the participants.</i>) A packet of sweetener contains one gram of sweetener. Imagine that one-gram packet contains 10,000 tiny pieces of sweetener. Each piece would weigh a very small amount, 100 micrograms. (A microgram is a millionth of a gram; a millionth of a packet of sweetener.) If one of those tiny pieces were crushed and spread over a one square foot area, that would be 100 micrograms per square foot. If the granule were actually lead instead of sweetener, having it spread over a square foot would exceed the EPA lead clearance standard of 40 micrograms per square foot. Those 10,000 granules in the package could be crushed and spread out over 25,000 square feet and contaminate that entire area - that's the floor space of twelve average houses!</p>

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<p style="text-align: center;">Who does lead affect? How?</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Who is at risk?</p> <ul style="list-style-type: none"> ■ Most vulnerable <ul style="list-style-type: none"> — Babies — Young children — Pregnant women and their unborn babies ■ But lead can harm everyone </div> <div style="width: 45%;"> <p>How does lead affect health?</p> <ul style="list-style-type: none"> ■ Children <ul style="list-style-type: none"> — Brain damage — Decreased IQ — Lifelong learning and behavior problems — Slowed growth — Hearing loss ■ Adults <ul style="list-style-type: none"> — High blood pressure — Fatigue — Reproductive problems — Loss of sex drive </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div> <p style="font-size: small; margin-top: 10px;">  National Center for Healthy Housing Healthy Homes Training Center 6 </p>	<p>Explain to participants: You've just learned how difficult it is to see lead dust and how easy it is for lead dust to spread.</p> <p>If people breathe in lead dust or swallow lead dust and debris, they can become lead poisoned—and get really sick.</p> <p>Ask: Consider the photos on the screen. What are these children doing that might put them at risk for lead poisoning as a result of a home fix-up project?</p> <p>Answer: They're putting their hands or toys in their mouths, which is normal behavior for young children. If their hands or toys are covered with lead dust from home repair or maintenance projects, the children could become lead poisoned.</p>
<p style="text-align: center;">How do you know if there is lead in the house you're working on?</p> <p>You can have your house tested by a certified lead paint inspector or risk assessor.</p> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p style="font-size: x-small;">■ Testing with a dust wipe</p> </div> <div style="text-align: center;">  <p style="font-size: x-small;">■ Testing with an XRF ■ (x-ray fluorescence) device</p> </div> </div> <p style="font-size: small; margin-top: 10px;">  National Center for Healthy Housing Healthy Homes Training Center 7 </p>	<p style="text-align: center; margin-top: 20px;">Review testing options.</p>
<p style="text-align: center;">If testing isn't possible or practical – follow this rule:</p> <div style="border: 1px solid black; padding: 10px; text-align: center; margin: 10px auto; width: 80%;"> <p>For any house built before 1978: Assume that lead paint is present. Use lead-safe work practices.</p> </div> <p style="font-size: small; margin-top: 10px;">  National Center for Healthy Housing Healthy Homes Training Center 8 </p>	<p style="text-align: center; margin-top: 20px;">Review rule.</p>

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<p style="text-align: center;">For more information on testing your home for lead, see: The U.S. Department of Housing & Urban Development's <u><i>Lead Paint Safety: A Field Guide for Painting, Home Maintenance, and Renovation Work</i></u> (www.hud.gov/offices/lead/training/LBPguide.pdf)</p>  <p>National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">9</p>	<p>If you haven't already done so, hand out copies of the Field Guide. If you've already handed them out, tell participants that this is an excellent resource.</p>
<p style="text-align: center;">Do It Yourself or Hire a Contractor?</p> <p>This course will teach you how to complete small jobs safely.</p> <p>If you are doing big jobs that may create a lot of dust, consider:</p> <ul style="list-style-type: none"> ▪ Taking a HUD-approved course or, ▪ Hiring a contractor who has been trained in lead-safe work practices  <p>National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">10</p>	<p>Tell participants that it is a good idea to take a step back and think about whether they can complete their project safely. If they may not be able to, they should consider getting more training or hiring a contractor to do the job.</p>
<p style="text-align: center;">Do It Yourself or Hire a Contractor? (continued)</p> <p>Low-dust and high-dust jobs</p> <ul style="list-style-type: none"> ▪ Low-dust job: dust and debris will not spread beyond five feet from the work area. ▪ High-dust jobs: dust and debris will spread beyond five feet from the work area. ▪ If you think you will have a high-dust job, you should hire a contractor who is trained in lead safe work practices.  <p>National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">11</p>	<p>What are high-dust jobs?</p> <p>The lead-safe practices described so far are appropriate for low-dust jobs. A low-dust job is one in which dust and debris do not spread beyond five feet from the work area.</p> <p>In contrast, a high-dust job creates dust and debris that spread beyond five feet from the work area.</p> <p>Training programs can be found through the HUD website: http://www.hud.gov/offices/lead/training/index.cfm</p>

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SLIDE	INSTRUCTOR NOTES								
<p style="text-align: center;">A combination of factors makes jobs high in dust.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Factor</th> <th style="text-align: left;">Why</th> </tr> </thead> <tbody> <tr> <td>Job size</td> <td>Jobs that involve a large work area usually create more dust.</td> </tr> <tr> <td>Work practices</td> <td>Some practices (such as sanding) create more dust than other practices (such as painting).</td> </tr> <tr> <td>Equipment</td> <td>Power tools are likely to create more dust than hand tools.</td> </tr> </tbody> </table> <p style="font-size: small;">  National Center for Healthy Housing Healthy Homes Training Center </p> <p style="text-align: right; font-size: x-small;">12</p>	Factor	Why	Job size	Jobs that involve a large work area usually create more dust.	Work practices	Some practices (such as sanding) create more dust than other practices (such as painting).	Equipment	Power tools are likely to create more dust than hand tools.	<p>Examples of high-dust jobs include:</p> <ul style="list-style-type: none"> • Hand-scraping a large area • Removing painted building components that are in poor condition • Removing paint with a heat gun and scraper • Removing dry residue and paint after using a chemical stripper (but not methylene chloride) • Using a power sander • Using an electric planer • Using a circular or reciprocating saw* • Demolishing painted surfaces using hand or power tools
Factor	Why								
Job size	Jobs that involve a large work area usually create more dust.								
Work practices	Some practices (such as sanding) create more dust than other practices (such as painting).								
Equipment	Power tools are likely to create more dust than hand tools.								
<p style="text-align: center;">Four Things to Look for in a Lead-Safe Work Practices Contractor:</p> <ol style="list-style-type: none"> 1. The contractor is comfortable with a lead dust test being conducted after the project is complete. 2. The contractor is aware that he or she has to comply with Federal Pre-Renovation Notice Rules 3. At least the job supervisor (and ideally the crew as well) has had approved lead safe work practices training 4. The contractor's proposal describes the use lead safe work practices. <p style="font-size: small;">  National Center for Healthy Housing Healthy Homes Training Center </p> <p style="text-align: right; font-size: x-small;">13</p>	<p>Checking Work for Lead Dust: If a potential contractor is not comfortable with having his work checked, you may have a problem. It is fair for him to want to know the lead dust levels beforehand but no excuse for not checking afterwards.</p> <p>Compliance with Federal Pre-Renovation Notice Rules: Before work begins, contractors disturbing more than two square feet of paint must get you to sign a form and give you a "Protect Your Family from Lead" booklet. If the contractor is not aware of this, find someone else to do the work.</p> <p>Training for Supervisor and Crew: Ask potential contractors whether the supervisor and crew have taken the HUD- or EPA-approved Lead-Safe Work Practices course. Some states require training. If he does not have documentation that the supervisor has been trained on LSWP, insist that they get the training before the work begins.</p> <p>Use of Plastic and Wet Methods Look proposals over to see if they will be putting plastic down and using wet methods to manage lead dust that might be created. The floor and furniture should be covered with plastic to protect them. The proposal should also identify who will remove furnishings before the plastic is laid down and paint is disturbed. Also, check the proposal to make sure that the contractor will not use any dangerous work practices.</p>								

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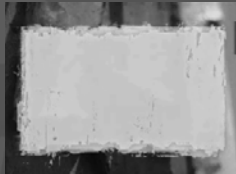



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<p style="text-align: center;">Contractors and lead safe work practices</p> <ul style="list-style-type: none"> ■ A new EPA rule – to be issued in July 2008 – will regulate contractors, but not do-it-yourselfers. ■ Until EPA's rules go into effect, most work disturbing paint is not covered by any rules protecting children from lead poisoning. ■ Contractors are not likely to use LSWP unless you insist on it. Since the danger of lead dust is usually invisible, you need to be careful for the sake of your family. It is worth the investment! <p> National Center for Healthy Housing Healthy Homes Training Center 14</p>	<p>The U.S. Environmental Protection Agency (EPA) plans to issue rules in July 2008 that will regulate contractors – but not do-it-yourselfers – doing most renovation, repair and painting projects that disturb paint in homes and child-occupied facilities built before 1978. Many states and communities have already adopted regulations. Check with your state department of health.</p> <p>If the work or your home receives a federal subsidy, it may be covered by U.S. Department of Housing and Urban Development (HUD) rules.</p>
<p style="text-align: center;">Step 1: Protect your family, your neighbors, and your tenants</p> <div style="text-align: center;">  </div> <p> National Center for Healthy Housing Healthy Homes Training Center 15</p>	<p>Click on the square to play the video clip.</p>
<p style="text-align: center;">Step 1: Protect your family, your neighbors, and your tenants</p> <div style="display: flex;"> <div style="flex: 1;"> <ol style="list-style-type: none"> 1. What would you say to your family, neighbors, and tenants about staying away from the work area? 2. What good practices do you see in the pictures below? </div> <div style="flex: 1;"> <p>Make sure you:</p> <ul style="list-style-type: none"> ■ Put up signs and barriers. ■ Have signs in the appropriate language. ■ Ask the neighbors to close their windows and doors. </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div> <p> National Center for Healthy Housing Healthy Homes Training Center 16</p>	<p>Note: The EPA blue book shown in the video clip will change once the new EPA renovation, repair and painting rule comes out.</p>

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<div style="text-align: center;"> <h3>Step 2: Prepare the work area</h3>  <p style="text-align: center;">Note: You should always vacuum before putting plastic down.</p> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;">  <p>National Center for Healthy Housing Healthy Homes Training Center</p> 17 </div>	<p>Show the clip BEFORE explaining the note on vacuuming. The video shows this near the end of the clip but not at other points. Vacuuming before setting up the work area is best to remove any dust already present.</p> <p>A note about vacuum cleaners - we advise you to use a special vacuum cleaner with a HEPA (high-efficiency particulate air) filter to clean up lead dust. These are designed to capture 99.9% of very small particles like lead dust. If a HEPA vac is not available, use a conventional vac with a HEPA-type or allergy filter bag to capture smaller particle sizes than standard vacuum cleaner bags and may collect more lead dust particles. Whatever you use, make sure that it has a beater bar – the bottom part of the vacuum cleaner that “beats” the carpet or floor to bring up dust as you move across the surface. Be aware that shop vacuums do not have beater bars. Note that in the video, the worker is using a HEPA shop vacuum that does not have a beater bar.</p> <p>Also note that duct tape is best to use, but if you are taping plastic to a wall that has paint on it, use painters’ tape, because duct tape will pull the paint – and more – off a wall.</p>
<div style="text-align: center;"> <h3>Step 2: Prepare the work area</h3> <p>What good practices are shown in these pictures?</p>  <ul style="list-style-type: none"> ■ Working inside or outside: seal off the work area. ■ Protect belongings </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;">  <p>National Center for Healthy Housing Healthy Homes Training Center</p> 18 </div>	<ul style="list-style-type: none"> - Move everything out of the room or move everything to the center of the room. - Collect your tools and supplies

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SLIDE	INSTRUCTOR NOTES
<p style="text-align: center;">Step 3: Protect Yourself From Dust and Debris</p>  <p style="text-align: center;">National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">19</p>	<p>Click on the square to play the video clip.</p>
<p style="text-align: center;">Step 3: Protect Yourself From Dust and Debris</p> <ul style="list-style-type: none"> ■ <u>Scenario:</u> You are going to sand and repaint a window's trim. ■ What supplies do you need to protect yourself? <ul style="list-style-type: none"> — Eye protection (safety glasses or goggles) — Disposable gloves — A disposable hat — Disposable shoe covers or disposable wipes — Disposable coveralls (optional) — A HEPA vacuum (if possible) <p style="text-align: center;">National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">20</p>	<p>ASK: What supplies do you need?</p> <p>Why? Eye protection is important, especially when working overhead or when small particles could enter the eye. Protective clothing (including painters' hats, shoes covers) protects both the worker and the residents. Lead dust carried on clothes, and shoes can track into other areas of the home or into vehicles. Take off all protective clothing (or vacuum) before leaving the work area. NOTE: Other safety precautions should be taken as well – e.g. ladder safety, avoiding trip and fall hazards, etc.</p>
<p style="text-align: center;">Respiratory protection?</p> <ul style="list-style-type: none"> ■ N-100 rated masks (respirators) filter out dangerous lead particles in the air. ■ N-95 respirators (more common) don't do this. ■ Large, high dust jobs need a different kind of respirator.  <p style="text-align: center;">National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">21</p>	<p>Answer: For the small job like sanding trim, no.</p> <p>Show the respirator. Point out the rating on the package and explain if you do need a mask, choose the right one. Use a mask that is approved by the National Institute for Occupational Safety and Health. N-95 masks cannot filter out lead dust, so they are not good for working around lead paint. N-100 masks will filter out lead particles.</p> <p>Emphasize that large jobs require more protection. Often, these jobs are too difficult for most do-it-yourselfers. Consider hiring a contractor who has been trained in lead-safe work practices.</p>

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SLIDE	INSTRUCTOR NOTES
<p style="text-align: center;">Steps 2 and 3: Prepare the work area and protect yourself</p> <p style="text-align: center;">EXERCISE 2: INTERIOR WORK AREA SET UP AND PROTECT YOURSELF</p>  <p>National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">22</p>	<p>EXERCISE 2: Prepare the work area and protect yourself</p> <p>Ask participants to review the pictures on the next slide and work through a number of questions to evaluate the situation.</p>
<p style="text-align: center;">EXERCISE 2: INTERIOR WORK AREA SET UP AND PROTECT YOURSELF</p>   <p>National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">23</p>	<p>Ask participants to discuss the following questions:</p> <p>Where is plastic needed? What needs to be shut down?</p> <p>What protective gear should the volunteers use? (Answer – caps, shoe covers, safety glasses. This is a low-dust job, so N-100 respirators are not required, but can be used.)</p> <p>Ask the participants to imagine setting up the work space – make sure they hit the following points:</p> <p>Putting on the protective equipment before work starts. Plastic should be at least 5 feet on all sides of the work area. If a window is in the room, plastic should be taped to the wall above the baseboard to catch dust. Plastic should cover the air vents.</p> <p>After talking about set up, ask participants:</p> <p>If this were an outside job, what else would you do? Answers: don't do the work if it is windy, make sure doors and windows were closed on the resident's home and the neighbor's home, extend plastic at least 10 ft on all sides of the work area.</p>

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<p style="text-align: center;">Step 4: Work Wet</p>  <p style="font-size: small;">National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right; font-size: x-small;">24</p>	<p>Click on the square to play the video clip.</p>
<p style="text-align: center;">Step 4: Work Wet</p> <ol style="list-style-type: none"> 1. Why work wet? 2. What good practice is shown in this picture?  <p style="font-size: small;">National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right; font-size: x-small;">25</p>	<p>Ask Why should you work wet?</p> <p>Answer Working wet helps to keep any dust that is created from getting into the air, where people can breathe it. It also keeps dust from spreading.</p> <p>But remember: NEVER spray water around electrical outlets, switches, or tools.</p>
<p style="text-align: center;">Guidelines for Misting</p> <ul style="list-style-type: none"> ■ Mist surfaces very lightly. ■ Mist frequently to keep surface damp ■ Make sure area where you are standing is dry (to avoid slipping). <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="font-size: small; margin: 0;">Remember: NEVER spray water around electrical outlets, switches, or on tools.</p> </div>  <p style="font-size: small;">National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right; font-size: x-small;">26</p>	<p>Review guidelines for misting.</p>

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SLIDE	INSTRUCTOR NOTES
<p style="text-align: center;">Step 5: Work Clean</p>  <p style="text-align: center;">WARNING: Never spray water around electrical outlets, switches, or equipment.</p> <p> National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">27</p>	<p>Click on the square to play the video clip.</p> <p>Note that the video shows the resident/worker testing for lead dust after the project is completed. We recommend that a do-it-yourselfer have a certified lead sampling technician do the test.</p>
<p style="text-align: center;">Step 5: Work Clean</p> <ul style="list-style-type: none"> ■ General rules <ul style="list-style-type: none"> — Make as little dust as possible. — Keep paint dust and chips in the work area. — Clean up as you work. <ul style="list-style-type: none"> <input type="checkbox"/> Use a damp rag, paper towel, or tack cloth <input type="checkbox"/> Put dirty rags, paper towels, or tack cloths into a plastic bag   <p> National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">28</p>	<p>Working clean means creating as little dust as possible, and containing the dust that you do create.</p> <p>Sometimes, even when you are working carefully, you may create dust or debris by drilling or scraping.</p> <p>In that case, clean up immediately. Use a damp rag or tack cloth to clean up. Then put the debris in a waste bag. Never leave dust or debris lying around. Do NOT reuse any personal protective items or cleaning supplies that are disposable.</p>
<p style="text-align: center;">What's wrong with this picture?</p>  <p> National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">29</p>	<p>What's wrong with this picture? Look carefully at the picture below. Do you see any problems that make this situation unsafe?</p> <p>Answers:</p> <ol style="list-style-type: none"> 1. There is no plastic sheeting to keep lead dust and debris off the floor. 2. There is no plastic sheeting sealing off the air vent to keep out lead dust and debris. 3. Dust and debris have been left lying on the floor, next to the air vent. The dust and debris may contain lead and could spread throughout the house. They should have been cleaned up immediately.

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SLIDE	INSTRUCTOR NOTES				
<p style="text-align: center;">To work clean, what work practices should you avoid?</p> <table border="1" style="width: 100%;"><thead><tr><th style="text-align: center;">Unsafe</th><th style="text-align: center;">Safer</th></tr></thead><tbody><tr><td style="vertical-align: top;"><ol style="list-style-type: none">1. Dry scraping or sanding2. Power sanding or grinding WITHOUT a HEPA dust-collection system3. Using a high-temperature heat gun or an open-flame torch4. Broom cleaning5. Chemical strippers with methylene chloride</td><td style="vertical-align: top;"><ol style="list-style-type: none">1. Wet scraping or sanding2. Power sanding or grinding WITH a HEPA dust collection system3. Heat guns with temperatures no greater than 1100 degrees F4. Clean up with HEPA vacuums5. Paint strippers without methylene chloride</td></tr></tbody></table> <p> National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">30</p>	Unsafe	Safer	<ol style="list-style-type: none">1. Dry scraping or sanding2. Power sanding or grinding WITHOUT a HEPA dust-collection system3. Using a high-temperature heat gun or an open-flame torch4. Broom cleaning5. Chemical strippers with methylene chloride	<ol style="list-style-type: none">1. Wet scraping or sanding2. Power sanding or grinding WITH a HEPA dust collection system3. Heat guns with temperatures no greater than 1100 degrees F4. Clean up with HEPA vacuums5. Paint strippers without methylene chloride	<p>Review safer work practices.</p>
Unsafe	Safer				
<ol style="list-style-type: none">1. Dry scraping or sanding2. Power sanding or grinding WITHOUT a HEPA dust-collection system3. Using a high-temperature heat gun or an open-flame torch4. Broom cleaning5. Chemical strippers with methylene chloride	<ol style="list-style-type: none">1. Wet scraping or sanding2. Power sanding or grinding WITH a HEPA dust collection system3. Heat guns with temperatures no greater than 1100 degrees F4. Clean up with HEPA vacuums5. Paint strippers without methylene chloride				
<p style="text-align: center;">Clean up safely</p> <p>Begin by picking up debris and plastic sheeting</p>  <p> National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">31</p>	<p>Once the work is completed, you will need to clean up carefully. Note that lead dust sticks to surfaces, so cleaning up lead dust takes some extra effort.</p> <p>Pick up any big pieces of debris, put them in a heavy-duty (6-mil) plastic bag and seal the bag with duct tape.</p> <p>Then pick up the plastic sheeting, mist the plastic sheeting, fold it with the dirty side inward and place the sheeting in another 6-mil plastic bag. As before, seal the bag with duct tape.</p> <p>Now the bags are ready for disposal in a safe location, away from residents and children.</p>				

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SLIDE	INSTRUCTOR NOTES						
<p style="text-align: center;">Three-step clean up</p> <table border="0" style="width: 100%;"><tr><td style="text-align: center; vertical-align: top;">Step 1: Vacuum</td><td style="text-align: center; vertical-align: top;">Step 2: Wash and Rinse</td><td style="text-align: center; vertical-align: top;">Step 3: Vacuum again</td></tr><tr><td style="text-align: center;"></td><td style="text-align: center;"></td><td style="text-align: center;"></td></tr></table> <p> National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">32</p>	Step 1: Vacuum	Step 2: Wash and Rinse	Step 3: Vacuum again				<p>Step 1. Use a HEPA vacuum if possible. Vacuum slowly and carefully to clean up any remaining dust. Never use a broom, which will spread dust.</p> <p>Step 2. Wash the walls, floors, and other hard surfaces with detergent. You do not need a special lead detergent. Any good detergent will do. Wash from the top down. Wash all hard surfaces, whether you worked on them or not. Scrub the surfaces well, because lead dust can stick to cracks and rough surfaces. Then rinse well. Use a different bucket with clean rinse water. Change your rinse water often.</p> <p>Dump the wastewater into the toilet. Never dump wastewater into sinks, tubs, yards or storm drains. It can leave behind lead dust and debris. When you finish put all your dirty rags and mop heads in a heavy-duty (6-mil) plastic bag. Seal the bag with duct tape. If necessary, double-bag the waste to keep the bag from breaking. Store the waste in a safe location, away from residents and children.</p> <p>Step 3. Clean thoroughly again with a HEPA vacuum or other vacuum with a HEPA-type or allergy filter</p>
Step 1: Vacuum	Step 2: Wash and Rinse	Step 3: Vacuum again					
							
<p style="text-align: center;">Dispose of waste safely</p> <ul style="list-style-type: none">■ Check federal, state, and local regulations for the proper disposal of waste.■ Decide where to put the waste that you create as you work and as you clean up. <table border="0" style="width: 100%;"><tr><td style="text-align: center;"></td><td style="text-align: center;"></td></tr></table> <p> National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">33</p>			<p>Always bag waste in the work area, to avoid spreading lead dust into clean rooms. Wrap building components (such as windows, doors, or painted trim) in heavy-duty (6-mil) plastic and seal the bag with duct tape before disposal.</p> <p>Don't let air and dust puff out when you close the bag. Twist bag closed, wrap with duct tape, fold over and wrap with duct tape again.</p> <p>Handle all the bagged waste carefully, to avoid tearing the bags and spreading lead dust and debris on the property.</p> <p>Store bagged waste in a locked container or dumpster to keep it away from neighbors, tenants,</p>				
							

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	<p>children, and animals.</p> <p>Remove all waste from your home at the end of the project. If you use your car or truck to dispose of the waste, put it in the cargo area not the passenger area. After you've disposed of the waste, vacuum the trunk with a HEPA vacuum or other vacuum with a HEPA-type or allergy filter.</p> <p>To learn more about lead-safe waste disposal, see the joint EPA-HUD LSWP curriculum.</p>
<div style="background-color: #333; color: white; padding: 10px;"> <h2 style="text-align: center; margin: 0;">Checking your work</h2> <ul style="list-style-type: none"> ■ Look for paint chips, dust and debris. ■ If you find any, clean the area again. ■ If possible, have a licensed lead professional take dust-wipe samples and send to an approved lab for testing. ■ If this isn't possible, you can purchase a lead dust wipe kit and take the sample yourself. ■ If lab tests show too much lead, clean again. <div style="text-align: right; margin-top: 10px;">  </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;">  <p style="font-size: small; color: white;">National Center for Healthy Housing Healthy Homes Training Center</p> <p style="font-size: x-small; color: white;">34</p> </div> </div>	<p>Once your repair or renovation work is completed, it's necessary to check your work.</p> <p>First, look for paint chips, dust, and debris remaining in the work area. If you find any of these materials, clean the area again.</p> <p>Next, you should hire a licensed lead professional to take dust wipe samples and send to an approved lab for testing. If this is not possible, you can purchase a lead dust wipe kit and take the sample yourself. If the lab tests show too much lead, you should clean the area again.</p>
<div style="background-color: #333; color: white; padding: 10px;"> <h2 style="text-align: center; margin: 0;">Personal clean up</h2> <ul style="list-style-type: none"> ■ Remove work clothes ■ Shower and wash hair ■ Wash work clothes separately from the rest of your laundry <div style="display: flex; justify-content: space-around; margin-top: 10px;">    </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;">  <p style="font-size: small; color: white;">National Center for Healthy Housing Healthy Homes Training Center</p> <p style="font-size: x-small; color: white;">35</p> </div> </div>	<p>Once the work area is clean, you'll need to clean yourself.</p> <p>Disposable coveralls can make cleanup easier, but are not required as long as clothes can be vacuumed to remove dust and avoid tracking dust outside the work area. You will need to have the HEPA vac in your work area. You should use disposal wipes to clean work surfaces, tools, hands and face, and shoes before leaving the work area.</p> <p>Remove your work clothes as soon as possible. Shower and wash your hair. Wash your work clothes separately from the rest of your laundry.</p>

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<div style="background-color: #333; color: white; padding: 10px;"> <h2 style="text-align: center; margin: 0;">Wrap up</h2>  <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;">  <p style="font-size: 0.8em; margin: 0;">National Center for Healthy Housing Healthy Homes Training Center</p> 36 </div> </div>	<p>Click on the square to play the video clip.</p>
<div style="background-color: #333; color: white; padding: 10px;"> <h2 style="text-align: center; margin: 0;">Learning Objectives</h2> <ol style="list-style-type: none"> 1. Understand why lead-safe work practices are important. 2. Identify the groups most affected by lead poisoning. 3. List the five steps to working lead-safe. 4. Identify ways to protect people from lead exposure. (Step 1) 5. Describe how to prepare an indoor or outdoor work area for working lead-safe. (Step 2) 6. Identify activities that protect workers from lead exposure. (Step 3) 7. Identify activities that prevent lead from getting into the air and spreading. (Step 4) 8. Identify steps to clean up and dispose of lead-contaminated waste. (Step 5) <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;">  <p style="font-size: 0.8em; margin: 0;">National Center for Healthy Housing Healthy Homes Training Center</p> 37 </div> </div>	<p>Review learning objectives.</p>
<div style="background-color: #333; color: white; padding: 10px;"> <h2 style="text-align: center; margin: 0;">Course Review</h2> <ul style="list-style-type: none"> ■ Lead poisoning is a serious but preventable problem. ■ Work lead-safe - the five steps: <ol style="list-style-type: none"> 1. Protect your family, neighbors and tenants 2. Prepare the work area 3. Protect yourself from dust and debris 4. Work wet 5. Work clean <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;">  <p style="font-size: 0.8em; margin: 0;">National Center for Healthy Housing Healthy Homes Training Center</p> 38 </div> </div>	<p>You have completed this course on lead-safe work practices. Below is a summary of the information you have covered:</p> <p>Remember this:</p> <ul style="list-style-type: none"> ● Don't make dust ● If you do, clean it up ● Clean up as if you've made dust ● Dust is hard to clean up with water ● The best way to clean up is by using a HEPA vacuum

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<p style="text-align: center; font-size: 1.2em; font-weight: bold;">Do you remember?</p> <ol style="list-style-type: none"> 1. Pregnant women, young children, and pets can stay in the work area when you work around lead-based paint. FALSE 2. Do not eat, drink or smoke while in the work area. TRUE 3. Pack and move residents' belongings out of the work area, or cover them with heavy plastic before starting work. TRUE 4. Leave windows and heating/air conditioning vents open. FALSE 5. Before you leave the work area, wipe off your clothes and shoes. TRUE 6. Do not mist surfaces before scraping or sanding lead-based paint. FALSE 7. Use lead safety only for work on lead-based paint inside the house. FALSE 8. Do not wear eye protection, gloves, or N-100 respirators on jobs that make lots of lead dust, such as demolition. FALSE <div style="display: flex; justify-content: space-between; align-items: center; font-size: 0.8em;"> <p>National Center for Healthy Housing Healthy Homes Training Center</p> 39 </div>	<p>Have the participants complete the test on their own. Then read through the questions with everyone and have them circle what they got wrong. Have them hand their tests in to you at the end of the course so you can score. Provide the score information to NCHH.</p>
<p style="text-align: center; font-size: 1.2em; font-weight: bold;">Do you remember? (continued)</p> <ol style="list-style-type: none"> 1. Never spray water around electric outlets or switches. TRUE 2. Make as little dust as possible and clean up as you go. TRUE 3. If you do not know if a house built before 1978 has lead-based paint, work lead-safe on all painted surfaces. TRUE 4. Use a broom to clean lead dust and debris from the work area. FALSE 5. Vacuum, wash and rinse all surfaces, and then vacuum again when cleaning for lead dust. Use a High Efficiency Particulate Air (HEPA) vacuum if possible. TRUE 6. You and your family can get lead-poisoning if you do not follow the steps to lead safety on the job. TRUE 7. Mist all plastic that contains lead dust and debris, then fold it dirty side inward. Put the plastic in a heavy duty trash bag and seal the bag with tape. TRUE 8. Throw waste into the resident's trash. FALSE <div style="display: flex; justify-content: space-between; align-items: center; font-size: 0.8em;"> <p>National Center for Healthy Housing Healthy Homes Training Center</p> 40 </div>	<p>See above.</p>
<p style="text-align: center; font-size: 1.2em; font-weight: bold;">For more information</p> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-left: 10px; color: white;"> <p>For examples of how to use lead-safe practices in common home-improvement activities, see <i>Lead Paint Safety: A Field Guide for Painting, Home Maintenance, and Renovation Work</i> (a copy is provided for all students).</p> </div> </div> <div style="display: flex; justify-content: space-between; align-items: center; font-size: 0.8em;"> <p>National Center for Healthy Housing Healthy Homes Training Center</p> 41 </div>	<p>For more information -</p>

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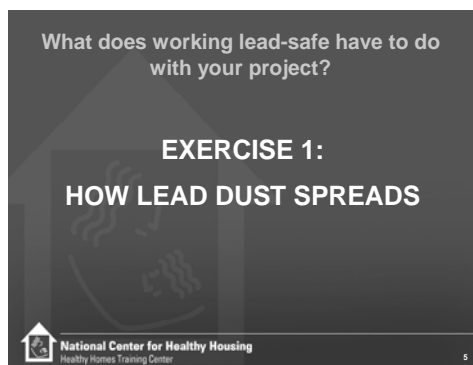
SLIDE	INSTRUCTOR NOTES
<p style="text-align: center;">For information on non-paint sources of lead</p> <p>National Center for Healthy Housing's Fact Sheet on Testing for Lead in Consumer Items for Children at: www.centerforhealthyhousing.org/factsheet-leadtestconprod.pdf</p> <p>U.S. Centers for Disease Control and Prevention website on Toys and Childhood Lead Exposure at: www.cdc.gov/nceh/lead/faq/toys.htm</p> <p>U.S. Environmental Protection Agency's <i>Protect Your Family from Lead in Your Home</i> at: www.epa.gov/lead/pubs/leadpdf.pdf (See page 10 for Other Sources of Lead)</p> <p> National Center for Healthy Housing Healthy Homes Training Center</p> <p style="text-align: right;">42</p>	<p>If participants are interested and/or have asked earlier in the training about other sources of lead, review this information.</p>

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EXERCISE STEPS



1. Have each participant spread a packet of sugar on a sheet of paper and rub it thoroughly into the paper, then shake off the excess.
2. Give each participant a paper towel.
3. Ask them to clean the paper until they think all the sugar is gone.
4. Ask them to lick a finger, touch it to the paper and then lick their finger again.

Do they still taste any sweetener? Ask what they smelled or tasted during the exercise.

Principles illustrated: Lead dust is very fine and is almost invisible on a surface. The fact that participants can taste the sweetener after cleaning illustrates this. The federal gov't defines 40 micrograms of lead dust on a 12" x 12" section of floor as a lead hazard. The sweetener packet contains 1 gram of powder. A microgram is 1millionth of a gram. More than 40 micrograms of the sweetener would have remained on the paper after cleaning. Dry methods (scraping, sanding, broom-cleaning) spread dust. Fine dust will become airborne and settle on other surfaces.

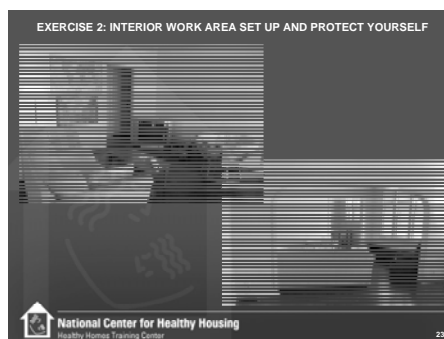
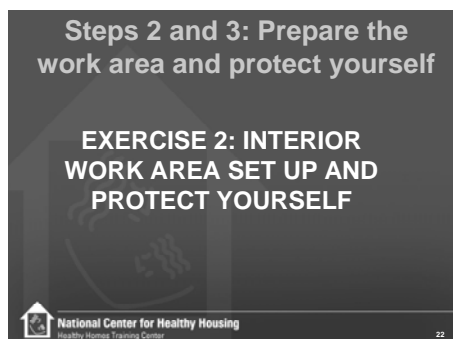
Sweetener Packet Math (*Use the information below only if asked by the participants.*) A packet of sweetener contains one gram of sweetener. Imagine that one-gram packet contains 10,000 tiny pieces of sweetener. Each piece would weigh a very small amount, 100 micrograms. (A microgram is a millionth of a gram; a millionth of a packet of sweetener.)

If one of those tiny pieces were crushed and spread over a one square foot area, that would be 100 micrograms per square foot. If the granule were actually lead instead of sweetener, having it spread over a square foot would exceed the EPA lead clearance standard of 40 micrograms per square foot. Those 10,000 granules in the package could be crushed and spread out over 25,000 square feet and contaminate that entire area - that's the floor space of twelve average houses!

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Ask participants to review the pictures and discuss the following questions:

1. What protective gear should the volunteers use? (**Answer** – caps, shoe covers, safety glasses. This is a low-dust job, so N-100 respirators are not required, but can be used.)
2. Ask the participants to imagine setting up the work space – make sure they hit the following points:
 - Putting on the protective equipment before work starts.
 - Plastic should be at least 5 feet on all sides of the work area
 - If a window is in the room, plastic should be taped to the wall above the baseboard to catch dust.
 - Plastic should cover the air vents.
 - Heating and cooling systems should be shut off.
4. After talking about set up, ask participants if this were an outside job, what else would you do?

Answers: don't do the work if it is windy, make sure doors and windows were closed on the resident's home and the neighbor's home, extend plastic at least 10 ft on all sides of the work area.

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LIST OF MATERIALS NEEDED

Materials	Description	Number Needed
Packets of substitute sweetener	Needed for Exercise 1	1 per student
New, dark colored, sturdy paper (card stock, file folders, or thick construction paper) cut to roughly 12" x 12"	Needed for Exercise 1	1 per student
Paper towels	Needed for Exercise 1	1 roll
Trash bag or container	Needed for Exercise 1	1 trash bag
Don't Spread Lead Booklet	A booklet based on the Don't Spread Lead video, download booklet: www.healthyhomestraining.org/EPA_Rural/Don't_Spread_Lead_booklet.pdf Be sure to customize page 13 to your local area – see instructions for doing this on page xx.	1 per student
Don't Spread Lead Checklist	An on-the-job checklist – download at : www.healthyhomestraining.org/EPA_Rural/Jobsite_Checklist_1.21.08.pdf	1 per student
EPA Blue Book	EPA's booklet – officially called "Protect Your Family From Lead in your Home" and unofficially called the "Blue Book". Download at: www.healthyhomestraining.org/EPA_Rural/EPA_Blue_Book.pdf	1 per student
HUD Lead Paint Safety Field Guide	HUD's Lead Paint Safety Field Guide. Download at: www.hud.gov/offices/lead/training/LBPguide.pdf	1 per student
Help Yourself to a Healthy Home	An excellent guide for homeowners and renters – order copies for \$1.25 each at: https://tpg.auburn.edu/ustores/web/store_cat.jsp?STOREID=15&CATID=41	1 per student
Don't Spread Lead video	The full video on which this training is based. Download at: www.healthyhomestraining.org/EPA_Rural/CD_English_Final.wmv We suggest that you download the video and burn copies for each student. We can send you labels to put on the CDs. Contact Laura Titus at ltitus@nchh.org if you want labels.	1 per student

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INSTRUCTIONS ON CUSTOMIZING THE LOCAL CONTACT INFORMATION FOR THE DON'T SPREAD LEAD BOOKLET

Contact Susan Aceti at saceti@nchh.org and provide the following information:

- State you are working in;
- The name of the agency or agencies that you want to list as contacts; and
- Phone number(s) and websites(s) for the agencies that you want to use for the contacts.

She will create a customized version of the booklet for you that has your local contact information in it and post the new version on-line at:

http://www.healthyhomestraining.org/EPA_Rural/Materials_Full.htm

RULES FOR USING THE DON'T SPREAD LEAD BOOKLET

The New England Lead Coordinating Committee (NELCC) is happy to give permission to reprint this booklet with the following provisions:

1. NO substantive changes can be made. If you do want to make changes (for example, to comply with state or local laws or regulations), NELCC will have to approve any such changes in advance.
2. However, you may change or add to the contact information on the last page to provide local information.
3. If do make any changes other than the contact information on page 12 (with NELCC's permission), please add reprint information, such as:

Adapted for the [name of your location] by the [name of your agency or organization].

4. If you do make any changes other than the contact information on page 12 (with NELCC's permission), you must send NELCC an electronic version of the revised booklet (send to joan.bothell@uconn.edu) and (if possible) 10 printed copies of the booklet, mailed to the address below.

Joan Bothell
Healthy Environments for Children Initiative and
New England Lead Coordinating Committee
University of Connecticut
Hartford County Extension Center
1800 Asylum Avenue
West Hartford, CT 06117-2600

5. If you do reprint, please let Joan Bothell know approximately how many booklets are printed and how they are distributed. Contact her at joan.bothell@uconn.edu.