



## House Captain Fact Sheet

### How to work safely with the potential hazard of non-intact lead based paint

To provide a safe working environment for your volunteers, it is essential to keep in mind the potential hazards of working with non-intact lead based paint. Working safely around lead based paint requires that some simple precautions are taken and the work space is thoroughly cleaned upon project completion. To work safely around potential lead based paint, you will need the following materials:

- Heavy duty plastic garbage bags
- Spray bottles for water
- Mop buckets (3)
- Hats, gloves, goggles, and painters coveralls
- HEPA Vacuum, if available
- Plastic sheeting
- Duct tape
- Detergent for cleaning area, and hand soap
- Cloths, mop heads and sponges
- Sanding blocks, sanding paper
- N-100 respirator (If a respirator is unavailable, use a disposable face mask. The face mask will only help keep out large lead based debris but **may not protect against lead based dust or fine particles.**)

When working, you must protect the family and their home. This means making sure no family members and pets are in or around the work area. You may even consider posting a sign to remind the family or others to keep out of the work area. **Do not allow pregnant women or women who are planning on becoming pregnant into the work area, as lead can harm a developing fetus.**

Make sure the area to be worked on will not become contaminated with any lead dust or debris. This can be done by completing the following:

- Remove all of the objects in the space to be worked on, and/or sealing large objects in heavy plastic. Tape all around the object and make sure that no dust or particles will get onto it. Turn off the heat/air in forced air home systems and **cover all vents with plastic and seal around plastic edges with duct tape.**
- Close all open windows and doors in and around the work area, ask neighbors to close their windows and doors, if working on the exterior of the house
- Place all of your supplies under plastic, to protect them from lead debris
- Lay plastic sheeting all around the area to be worked on, and seal edges with duct tape.

To protect yourself and workers, complete the following:

- Wear either disposable coveralls, hats and shoe covers OR wear old clothes, hats, and shoes that can be thrown away. Bring a change of clothing to the work site, and change and discard the contaminated clothing at the work site. Washing clothes **may not remove the lead** and it is possible for the lead to get onto other items in the washer.
- Wear a N-100 respirator when available, otherwise use a disposable face mask and work protection eyewear/goggles.
- Wash your hands and face thoroughly before eating, drinking or smoking and never complete any of these activities while in the work area.
- It is recommended to shower as soon as you return home to make sure you have cleaned off any lead based particles remaining on your body and hair.

Now that the family is safe, the persons working on the project are safe, and the area to be worked on is contained, you can start working! Here are some tips to work safely:

- Using a spray bottle filled with water, mist all surfaces to be scraped or sanded. Power sanding is NOT recommended and in some states illegal.
- Keeping the area damp will help keep the lead based dust and particles from becoming airborne. Wipe away any debris resulting from the sanding with a cloth, and throw the cloth into a garbage bag. This will help keep any debris that may contain lead particles contained.

After the area is sanded, scraped, primed and painted, it can now be cleaned up. Here are some steps to follow for cleaning up the work area:

- Pick up all disposable items and place them in garbage bags.
- With you spray bottle, mist the plastic to help keep particles on the plastic, and fold inwards. Also, make sure to place this into a heavy duty garbage bag and seal it with duct tape.
- If a vacuum with a HEPA filter is available, use it to vacuum the work area after all plastic is removed. If a vacuum with a HEPA filter is not available, use a regular vacuum.
- Use 3 mop buckets to clean up, if the room is not carpeted. Fill each one with water, and add mopping solution to the first bucket. Follow this mopping procedure:

1. Dunk mop into 1<sup>st</sup> bucket, mop area of floor
2. Dunk mop into 2<sup>nd</sup> bucket, wring out the mop into same bucket
3. Dunk mop into 3<sup>rd</sup> bucket, wring out the mop into same bucket
4. Repeat the following steps for each area mopped.

Following this 3 bucket method helps to keep the mopping solution cleaner.

- After mopping the work area, dispose of the mop heads in the garbage bag and flush the water from all 3 buckets down the toilet- never in the sink.
- Make sure to wash your hands after cleaning up the work site!

**In conclusion, PLEASE REMEMBER...**

**Always spray water to the area to be sanded or scraped- WORK WET**  
**Only let persons working on the project into the work area, keep others out**  
**Use disposable work clothes, or throw away clothing worn while working**  
**Do not eat, drink or smoke in the work area and wash your hands frequently**