



## **What Are the Signs of Lead Poisoning?**

According to the Commonwealth of Massachusetts, there are many symptoms or signs that suggest a problem with lead, but these signs and symptoms may mirror symptoms of other health conditions. It is also possible to have lead poisoning without noticing any symptoms. Every individual responds differently to lead exposures. **When a person has any known or suspected exposure to lead, routinely testing blood levels is recommended.**

### **Early Signs and Symptoms of Lead Poisoning**

- *Fatigue*
- *Headache*
- *Uneasy stomach*
- *Sleeplessness*
- *Irritability or nervousness*
- *Metallic taste*
- *Poor appetite*
- *Reproductive problems*

### **Later Signs and Symptoms**

- *Aches/pains in stomach*
- *Memory problems*
- *Constipation*
- *Muscle and joint pains*
- *Nausea*
- *Weak wrists or ankles*
- *Weight loss*
- *Kidney problems*

### **Lead From the Range or Other Exposures Can Go Home with Law Enforcement Officers**

In some instances, high levels of lead dust from firing ranges can settle on the bodies and clothes of individuals. The dust can then be carried home via cars and clothing. This is of special concerns if children share the home (Commonwealth of Massachusetts, 2009).

### **Best Practices for Routine or Suspected Lead Exposure**

Officers who have discharged weapons may wish to change clothing prior to entering a personal vehicle. The shooter's clothing would then be bagged using the steps outlined under universal precautions and loaded in a secure area of the personal vehicle for later laundering.