

# Lead (Pb)

Reduce Lead Exposure in Your Daycare



**Lead is a naturally occurring element found in small amounts in the earth's crust. While it has some beneficial uses, it can be toxic to humans and animals, causing health effects.**

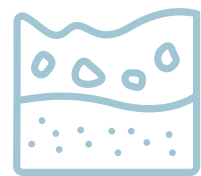
— Environmental Protection Agency (EPA)

# Why are children at higher risk for lead poisoning?



## Development

Lead can negatively affect children's brains and nervous systems during development.



## Dirt and Soil

Children tend to put inedible items in their mouths, such as dirt, that may contain lead.



## Toys

Some consumer products, such as jewelry or toys, have been found to contain lead.



## Dust

Dust from lead-based paint is the leading cause of lead exposure in children. Children crawl on the floors and pick it up on their hands.

# National Center for **HEALTHY HOUSING**

## Lead-Safe Toolkit for Home-Based Child Care



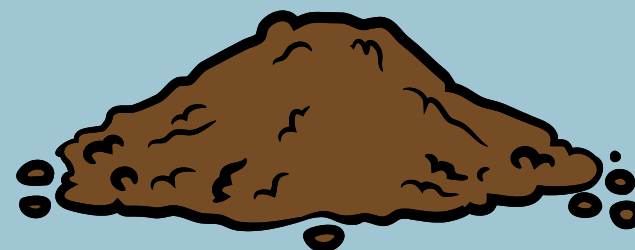
The above link will send you to the resource page for the toolkit to create a safe environment for the children in your care. There are also links to the following webinar videos with more detail about lead exposure:



Lead in Paint



Lead in Drinking Water



Lead in Soil



Lead in Consumer Products



## Steps to Take

1. Find out when your home or building was built (pre- or post-1978?)
2. Inspect your home or property for lead-based paint or complete a risk assessment
  - EPA has a tool to find local resources
3. If lead is found, create a lead remediation plan
  - Contact your local health department or state/local lead poisoning prevention program
4. Have a lead-certified professional complete the work
5. Conduct annual checks for lead

# Lead in Paint



# Lead in Drinking Water

It only takes 15 drops of lead-contaminated water to contaminate an entire swimming pool. It is odorless and tasteless and can come from lead pipes, lead solder, or leaded alloys.

## Steps to Take



1. Learn where your water comes from (public vs. private source)



2. Determine if lead service lines supply your water



3. Determine if the fixtures or solder in your home or building contain lead



4. Have your water tested for lead

# Lead in Drinking Water (Cont.)



## EPA Lead and Copper Rule

If the level of lead in your water exceeds 15 ppb, you may be required to **monitor water quality**, **implement** corrosion control treatment and **monitor/treat source water**, conduct public education, and/or replace lead service line.

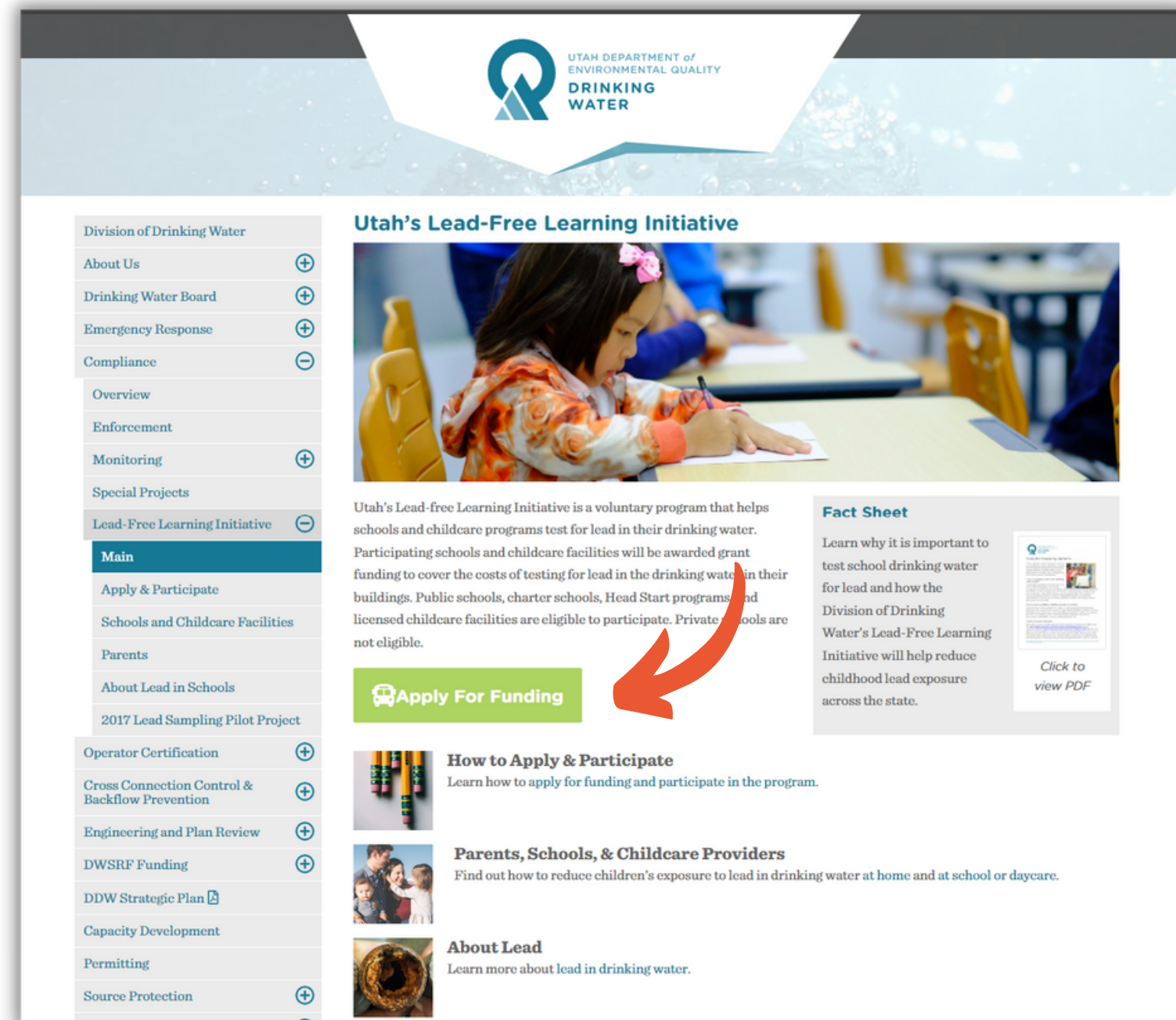
## Short-Term Measures

- Use cold water for drinking, cooking
  - Flush taps before drinking
  - Use water cooler dispenser or bottled water
  - Install NSF/ANSI 53 certified water filters
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## Long-Term Measures

- Replace lead service line
- Replace lead-contaminated fixtures or soldering





Through the Utah Department of Environmental Quality's Utah Lead-Free Learning Program, schools and daycares can apply for funding to test for lead in the drinking water.

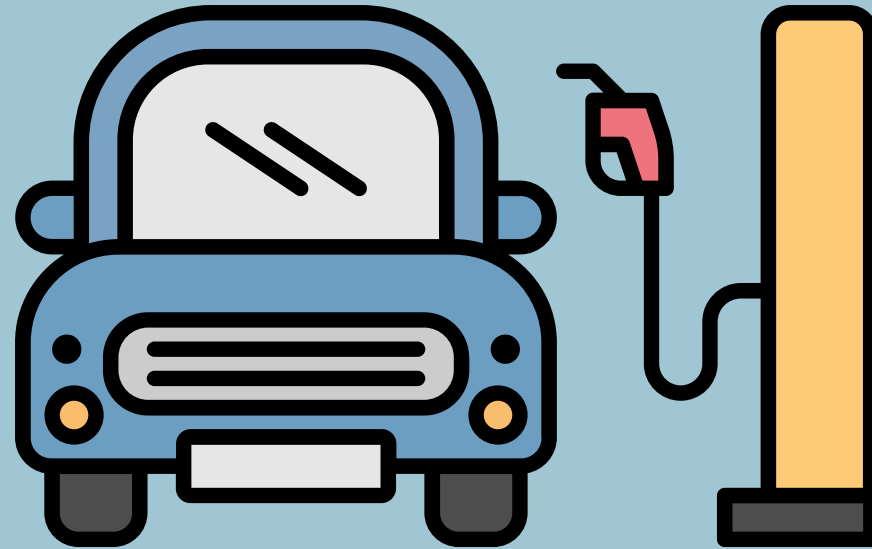
<https://deq.utah.gov/drinking-water/utahs-lead-free-learning-initiative>



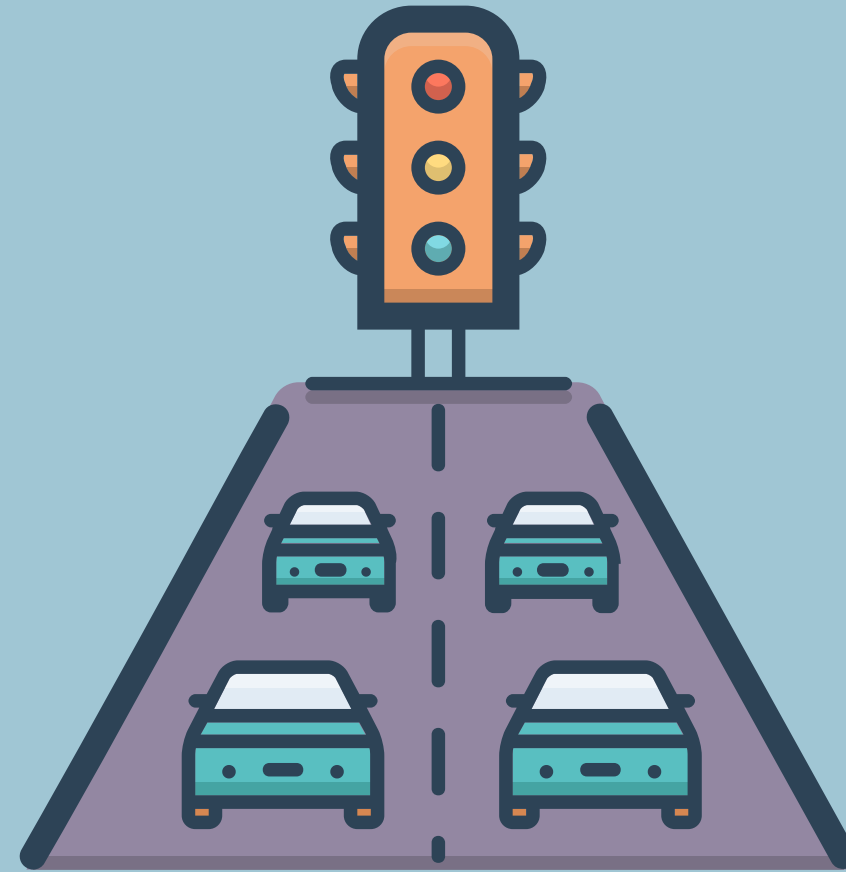
# Lead in the Soil



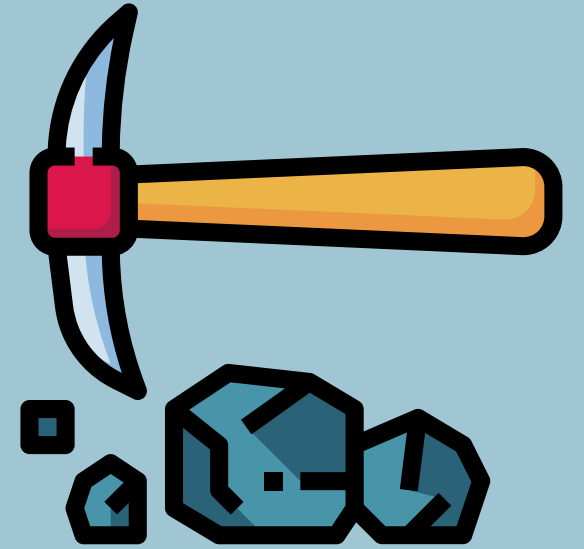
Leaded paint



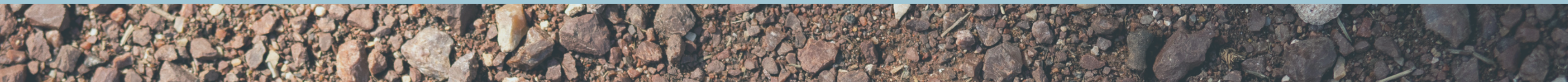
Leaded gasoline



Heavily traveled  
roads



Mining and  
milling





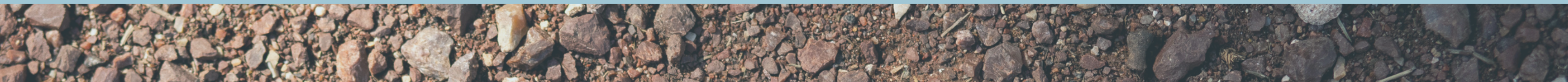
# Lead in the Soil

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## Steps to Take

- ① Find out when the home was built
- ② Test bare soil around the home with the help of EPA-recognized labs
- ③ Take measures to reduce exposure to lead in the soil
  - Plant grass, lay sod, cover bare soil
  - Limit outdoor activities (build a sandbox, water table, etc.)
- ④ Reduce soil and dust entering the home or building
  - Place a floor mat or use a shoe-free policy inside
  - Wash hands regularly
  - Use a HEPA filter vacuum or mop floors daily





# Lead in Consumer Products



Certain children's products produced in other countries and imported are made with lead. Food and liquids stored in lead-glazed pottery can also become contaminated.

Lead-contaminated particles can also come from herbal remedies, folk medicines, and imported spices, foods, or cosmetics.

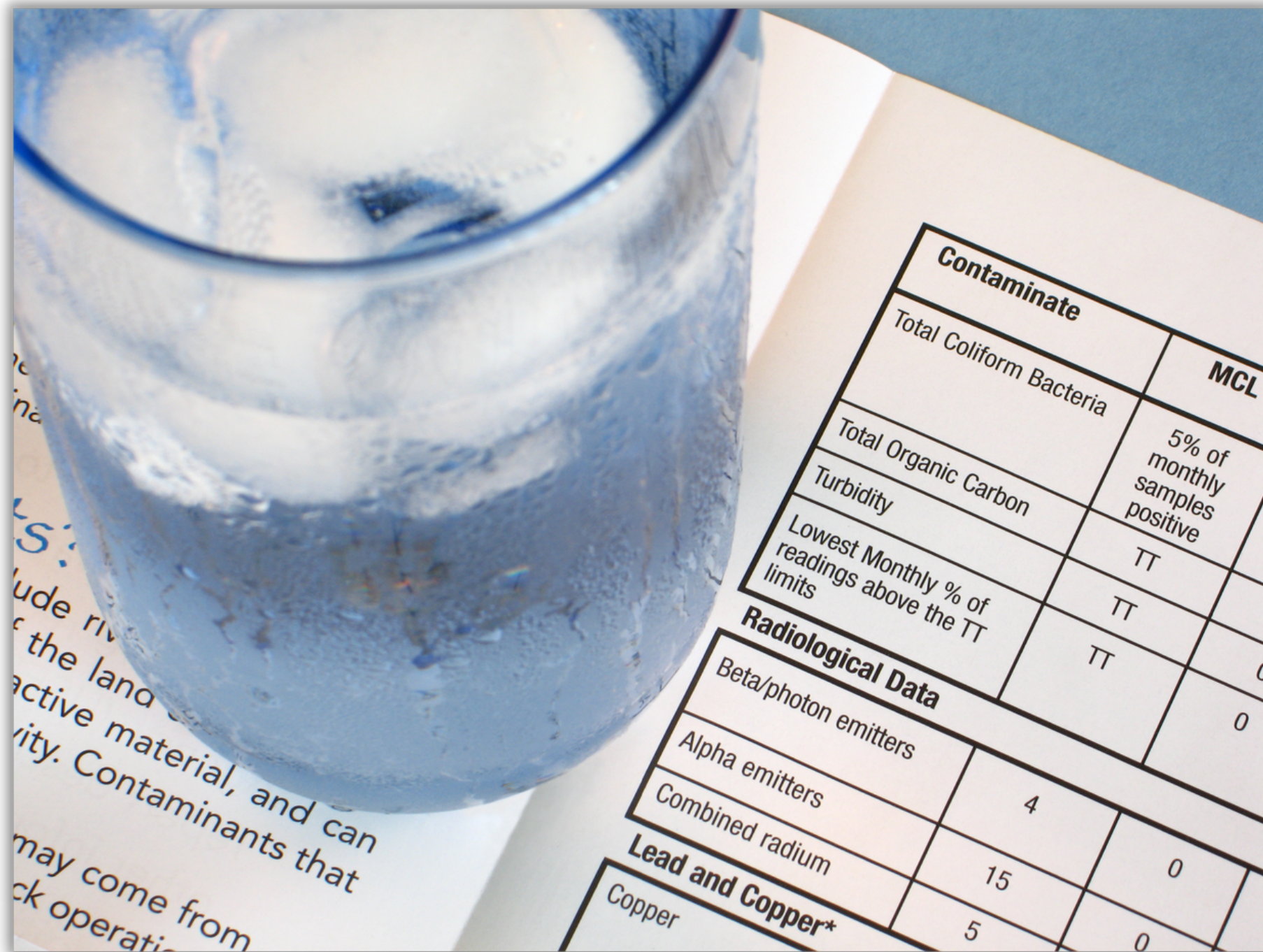
## Preventative Measures

- Don't cook or serve food in old, imported, or handmade pottery or pewter and leaded glassware
- Avoid products with higher risk of lead content (costume/metal jewelry, antique toys, imported candy, etc.)
- Keep metal keys out of reach
- Wash toys often and throw out worn toys





<https://appletree.at.utah.gov/>



The Utah APPLETREE Program aims to reduce human exposures to hazardous substances in the environment through exposure investigations, risk assessments, and health education.

Utah APPLETREE is available to answer any questions or concerns you may have regarding lead test results and provide consultations.

**APPLETREE@utah.gov**  
**(801) 538-6191**



## Utah Choose Safe Places

Assess environmental concerns at or around childcare centers to protect children from harmful substances



### What is the Utah Choose Safe Places (CSP) Program?

Children spend large amounts of time at childcare centers. In general, children are more vulnerable to the effects of harmful substances compared with adults because their bodies are small and still growing and developing. In addition, they have more hand-to-mouth activity which increases the chance of contact with harmful substances. Therefore, to provide a safe site free from any health risk caused by environmental hazards, it is important to identify and address hazardous contaminants at or around childcare centers. The **Utah Choose Safe Places (UT CSP) program** is a voluntary program to identify and address potential environmental concerns at or around childcare facilities to protect children and providers from harmful substances in the environment.

The UT CSP program's mission includes:

- Identify and address hazard contamination at or around childcare centers
- Help childcare centers become environmentally safe
- Help childcare providers safely site new childcare centers

### What are the key considerations for safe childcare siting?

- Former uses of the site that might have left harmful substances**  
Not all past site use will present a problem for current childcare sites. Identification of those sites with a problematic past use that might produce harmful environmental exposures is critical to protect children.
- Migration of harmful substances onto the site from nearby properties**  
Contamination can come from a source nearby, such as a gas station, and migrate onto the childcare site through the air, water, or soil.
- Presence of naturally-occurring harmful substances**  
Naturally-occurring contamination, such as arsenic in soil or groundwater, can be as hazardous as contamination from human activities.
- Access to safe drinking water**  
For infants, drinking water can be a large portion of their diets by volume when water is used to make infant formula.

**Complete this questionnaire to help you to identify and address concerns about harmful substances at or around your childcare site!**

Utah Department of Health  
Division of Disease Control and Prevention  
Bureau of Epidemiology  
appletree.at.utah.gov/utah-choose-safe-places | APPLETREE@utah.gov



## How do I participate?

By participating in the Utah Choose Safe Places, Early Care and Education Providers can do their part to help protect children and staff and staff from environmental hazards. There are currently three different options for participation. You may choose to participate in option 1 or 2 separately, option 2 and 3 together or complete all three!

### OPTION 1:

Participate in the training: "Choosing a Safe Environment for Child Care".

This 25 minute on-demand training provides an overview of the Utah Choose Safe Places program and the factors to consider when choosing a safe environment for child care. We also encourage you to complete the additional on-demand training videos on children's environmental health and safe-siting topics.

### OPTION 2:

We encourage every childcare provider to carefully evaluate their current or future sites using our [Environmental Health Self-Assessment](#). This checklist will help you evaluate potential environmental hazards at your property. Complete the Provider Checklist through our online form (coming soon!) or by filling it out and emailing us a [APPLETREE@utah.gov](mailto:APPLETREE@utah.gov). We will contact you when we receive your completed checklist to provide guidance on how to decrease your exposure to harmful chemicals. For home-based providers please fill out this form [here](#).

### OPTION 3:

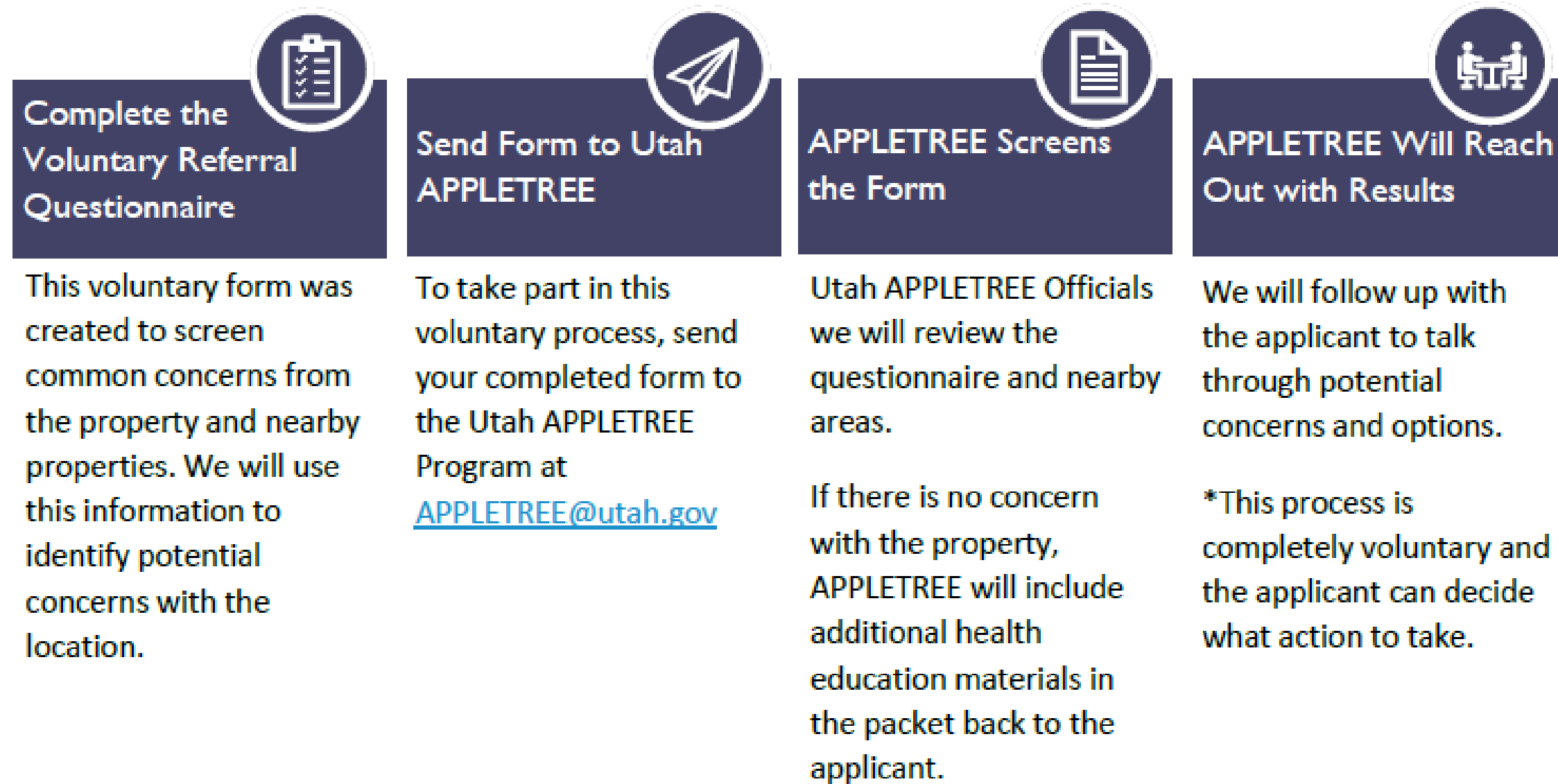
Request an in-depth assessment of your location.

When completing the Environmental Health Self-Assessment (see OPTION 2), you will be able to request an in-depth assessment of your location. This will include a more detailed screening of publicly available databases to check for potential environmental hazards on or near your location. Recommendations will be provided by a health risk assessor. The Environmental Health Self-Assessment must be completed to receive an in-depth assessment.

[appletree.at.utah.gov/utah-choose-safe-places/about-ut-choose-safe-places/](http://appletree.at.utah.gov/utah-choose-safe-places/about-ut-choose-safe-places/)

# How it works

## This is how it works



# For More Information



National Center for  
**HEALTHY HOUSING**

## **Utah Environmental Public Health Tracking**

<https://epht.health.utah.gov/epht-view/topic/ChildhoodBloodLead.html>

## **Utah Department of Environmental Quality: Lead-Free Learning**

<https://deq.utah.gov/drinking-water/schools-and-childcare-facilities-lead-free-learning-initiative>

## **Environmental Protection Agency**

<https://www.epa.gov/lead>

## **National Center for Healthy Housing**

<https://nchh.org/>

# Local Resources



## Salt Lake County Lead Safe Housing

<https://slco.org/lead-safe-housing/>



## Utah Department of Environmental Quality: Lead-Free Funding

<https://deq.utah.gov/drinking-water/utahs-lead-free-learning-initiative>



## Utah Lead Coalition Resources

<https://utahleadcoalition.org/resources/educators-resources>



## Utah APPLETREE Program: Choose Safe Places

<https://appletree.at.utah.gov/utah-choose-safe-places/about-ut-choose-safe-places/>