



JOSIAH HILL III CLINIC

# Are You Renovating or Repainting Your Pre-1979 Home?



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## There are some things you need to know before you begin!

**If you live in a house that was built before 1978, it may contain lead-based paint (LBP).**

The paint does not present a hazard when it is intact, but if renovation and remodeling are not conducted properly, lead dust can spread throughout your home. **Remember: lead is toxic.** Lead from paint chips and dust can affect anybody, but children under the age of six, as well as nursing and pregnant women, are most at risk to lead poisoning.

## Working with lead paint

Renovation and remodeling is the leading cause of lead poisoning in Oregon. If the work is going to disturb paint surfaces, you should have the area tested by a lead-professional, especially needed when there are or will be children living there.

If the paint **does not** contain lead, proceed with the renovation as planned! If tests show that your home **does** have LBP, special care *must* be taken.



*If you hire professionals, ensure that they are **Lead Safe Certified**. You can find a certified lead safe paint company by contacting your local or state health department.*

*If you conduct the renovation yourself, abide by the following **Lead-safe work practices**:*

- If possible, temporarily move your family from the apartment or house until the work is done. This is especially important for pregnant women and/or children below the age of 7. If that is not possible, try to keep them away from the work area.



- Break large projects into smaller projects to control the amount of lead dust created. Be careful when repainting. Even if the top layer of paint is lead-free, older layers of lead paint may remain underneath.

- Do not** use a belt-sander, propane torch or high temperature heat gun (>1000°F), dry scraper, or dry sandpaper to remove lead-based paint. Wet down the paint before you sand or scrape to control the lead dust. Use heavy plastic bags to remove the chips and dust.

- Wear protective clothing such as overalls, shoe covers, gloves, goggles, face mask and respirator equipped with a HEPA filter. Avoid eating, drinking or smoking in the work area. Change clothes & shoes and shower after leaving the work area. Wash work clothes separately from regular clothes. LBP dust on clothing can contaminate your home and your car.

- Working Inside: Seal off the work area from the rest of the house with thick plastic coverings. Cover the floors, doors, windows, and vents with heavy plastics. Remove the furnishings, curtains, carpets and other household items or cover them with heavy plastic.

- Working outside: Cover the ground, garden and your children's play area with thick plastic to capture dust, paint chips and debris. Do **not** work in windy weather.

- Do **not** use a common household vacuum cleaner to clean the dust because it will spread the lead dust into the air. Use a vacuum with HEPA Filter to clean all floors and other surfaces. Always use "wet methods" (e.g. spraying, sponging, mopping) when cleaning to keep the lead dust from spreading.

- Dispose of debris and contaminated clothing in heavy plastic bags (you can call the Hazardous Waste Hotline for proper disposal instruction: 1-800-732-9253).

- Conduct a lead dust test at the end of the job. The lead testing kits are available in hardware stores or through Josiah Hill III Clinic and Portland Housing Bureau.



# Resources for Lead-Safe Remodeling



## Josiah Hill III Clinic

(503) 802-7389; [www.jhillclinic.org](http://www.jhillclinic.org)

Provides free blood lead screenings for children under 7yrs of age, pregnant women, and nursing women. Also provides healthy home education and outreach and lead poisoning prevention training for health educators and promoters. Check out the website for more health and housing resources and the online calendar for community events, including clinics.



## Oregon Department of Human Services, Lead-Based Paint Program

(971) 673-0440 or 1-800-368-5060 (statewide); [www.oregon.gov/DHS/ph/leadpaint](http://www.oregon.gov/DHS/ph/leadpaint)

Provides general resources on lead poisoning prevention-specific programs for the state of Oregon, including lead-safe certified professionals and lead-safe work practices.



## Regional Lead Hazard Control Program, Portland Housing Bureau

(503) 823-3400; [www.pdc.us/leadhazard](http://www.pdc.us/leadhazard)

Provides financial assistance to identify, control, and reduce lead-based paint hazards in Portland communities. Your family may be eligible for a lead abatement grant!



## Community Energy Project

(503) 284-6827; [www.communityenergyproject.org](http://www.communityenergyproject.org)

Provides free Lead Poisoning Prevention and Lead Safe Remodeling workshops. Attendees receive free cleaning supplies, home lead testing kits and information about other lead prevention resources. Participants are eligible to rent sealed **HEPA vacuums** for free. CEP also provides Lead-Safe Remodeling certification.



## Environmental Protection Agency National Lead Information Center

1-800-424-LEAD [5323]; [www.epa.gov/lead/pubs/nlic.htm](http://www.epa.gov/lead/pubs/nlic.htm)

Request the "Reducing Lead Hazards When Remodeling Your Home" brochure.

Distributes documents about lead hazards and lead poisoning prevention.