



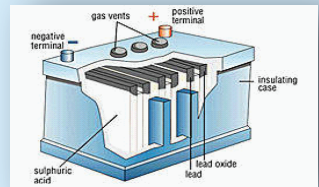
Lead

Lead is a naturally occurring bluish gray metal found in the earth crust. Prior to our current knowledge of the health hazard of lead, it was widely used in products such as gasoline, paints, batteries, metal products, crystal, food cans, fishing sinkers and ammunition. It is well known for its anti-corrosive properties and has been extensively used in construction industry. In Nepal, due to increased hours of electricity load shading, lead acid batteries has become an essential commodities for all household in different size, number and forms.



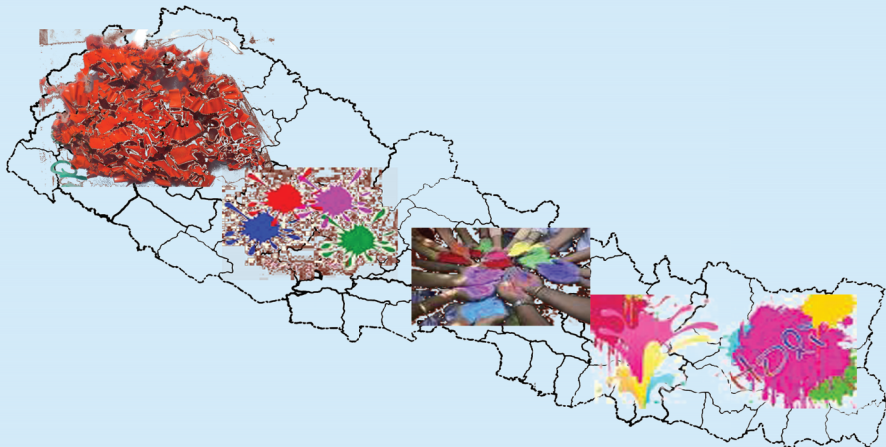
Harmful Effects of Lead / Why is Lead Harmful? / Exposure Path Ways of Lead

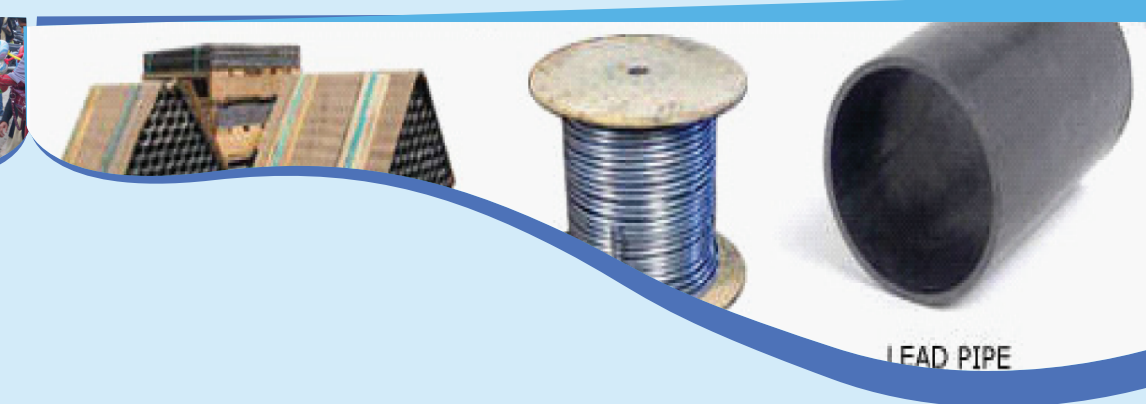
When we are exposed to lead through inhalation, ingestion, or in a small number of cases, absorption through the skin- it acts as a poison. Lead has the same affinity for our biological system as essential minerals such as iron, calcium and zinc. Lead causes harms wherever it deposits in the body. In the bloodstream, for example, it damages red blood cells and limits their ability to carry oxygen to tissues and organs.



Battery

Most lead ends up in the bones, where it interferes with the production of blood cells and the absorption of calcium that bone need to grow healthy and strong.





affect the unborn child. Females workers exposed to the high levels of lead have higher incidence of miscarriages and still births.

People with occupational exposure to lead, like painters, renovators, workers in refineries and smelters, have higher risks of lead poisoning.

Source of Lead

Food: Traces of lead are found in almost all food. Airborne lead falls onto crops or soils and is absorbed by plants.

Air: Lead in the environment comes from industrial emissions, smelters and refineries.

Dust and Soil: Dust and soil can be significant sources of lead exposure, especially for your children. Lead in Soil can come from the air from erosion of lead-bearing rocks, and may be carried indoors as dust.

Water: Lead can enter the water supply from lead solders in the plumbing or lead pipes in your home.

Paints: Most indoors and outdoors paints produced today contain substantial amount of lead.

Inexpensive, horizontal PVC (plastic) mini-blinds.

Lead can enter food, especially acidic foods such as fruits juices, from lead based glazed on glassware and ceramics.

Leaded Crystal is widely used for serving beverage port, wines and fruits juices. When the crystal comes in contact with the beverages, especially acidic beverages such as port, wine and fruits juices, some lead dissolved into the liquid.

Lead fumes are released when waste oil, colored newsprint, battery casings or wood covered with lead paints are burned.

Some other harmful health effect includes damages kidneys, damaged male reproductive systems, severe stomach pains, a poor appetite, sleep disorders and breathing problem. IT can also decrease reaction time and affect the memory.

Minimize your lead Exposure Risk

Here are some steps you can take to reduce the lead exposure for your family and yourself:

Run the cold water tap first thing in the morning or any other times the system hasn't been used for a numbers of hours.

Clean your house regularly to remove dust and particulates that may contain lead. This is especially important for surfaces that young children come in contact with.

Do not put food or beverages in lead crystal containers for any length of time. Do not server pregnant women or children drinks in crystal glasses. Babies should never drink from lead



Health Risk of Lead Exposure

Short-term exposure to high levels of lead can cause vomiting, diarrhea, convulsions, coma or even death.

However, ongoing daily exposure to even very small doses of lead can be very harmful especially among the infants and growing children. Lead exposure of pregnant women poses health risks for unborn children.

Symptoms

Lead hinders development of the brain and nervous system. You may not notice the symptom of long-term lead exposure, but they are severe nonetheless. Anemia is a common symptom. Other symptoms are

- Appetite loss
- Abdominal pain
- Constipation
- Fatigue
- Sleeplessness
- Irritability
- Headache
- Mood swings
- Seizures (convulsion) and coma

If you are continually exposed to lead, as an industrial setting, it can affect the functioning of kidneys.

About 99 % of lead taken in by the adult body will leave in the waste within a couple of weeks. But only about 32 % of the lead absorbed by a child is excreted.

Vulnerable Groups of people

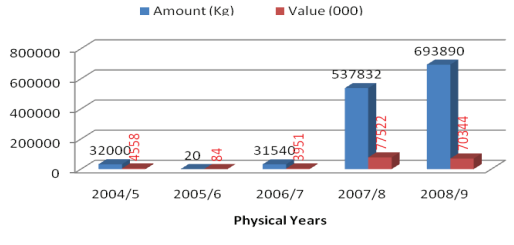
Lead exposure is most serious for your children, as their growing bodies absorb lead more easily than adults. Even low level of lead exposure may harm their intellectual development, growth, and behavior and hearing capacity.

During pregnancy, especially in the last trimester, lead can cross the placental barriers and



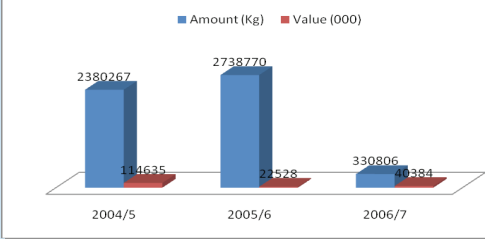


Import of Unwrought Lead (Kg)



Lead is being imported in the county in different forms. Refined (see diagram up and Unwrought lead excluding refined and antimony (see down diagram. In addition, lead is also being imported as unwrought lead containing antimony and other forms of lead bars, rods, profiles, wires, lead sheet, strips, foils, plates, powders, flakes, lead tubes, pipes, pipe fittings etc. Refined lead and other forms of lead are being imported in Nepal from India, Malaysia, Taiwan, South Korea, Singapore, Austria, China, Germany and overseas under different mode of business such as DPR and bank guarantee etc (Dept. of Custom 2006/7)

Import of Refined Lead (Kg)



crystal baby bottles. If you have children less than six years of age, do not use PVC (plastic) mini-blinds. If you work in smelters, refinery, or any other industry where you are exposed to high levels of lead, shower and changes your clothing before going home to minimize the amount of lead your family exposed to. Make sure you have your blood lead level checked regularly. Never burn waste oils, colored newsprint, battery casing or wood covered with lead paints in or near your home, as this releases lead fumes. If you are concerned about your exposure to lead, talk to your doctor, who can order a clinical test to measure the amount of lead in your blood. Ensure that iron and calcium are in your diets. If kids are exposed to lead, good nutrition can reduce absorption by the body.

If you are concerned about your lead exposure, your doctor can do a simple blood test to measure your blood lead level, and recommend a corrective action and measures.

HOME IS HEAVEN, LET DO NOT CONTAMINATE IT WITH LEAD

More Information:



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