

# Users of guns & ammunition are at risk of **LEAD EXPOSURE & POISONING!** Protect yourself & your family



- 🎯 Don't cast your own bullets
- 🎯 Don't keep bullets or airgun pellets in your mouth
- 🎯 Don't eat, drink, smoke or chew gum at a shooting range
- 🎯 Wash your face, hands & arms very well with soap & water, & dry with a clean paper towel (or use wet wipes) after handling guns or bullets
- 🎯 Change & bag the clothing you use while shooting (including your shoes) before leaving a shooting range
- 🎯 Wash the clothing you use while visiting the range or shooting, separately
- 🎯 Wear gloves when cleaning guns.

For further information on lead poisoning prevention, go to the website of the  
**SOUTH AFRICAN MEDICAL RESEARCH COUNCIL**

<http://www.mrc.ac.za/healthdevelop/educationtools.htm>

or call 012 339 8530