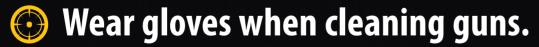
## Users of guns & ammunnition are at risk of LEAD EXPOSURE & POISONING! Protect yourself & your family

- Don't cast your own bullets (+)
- Don't keep bullets or airgun pellets in your mouth  $\bigcirc$
- Oon'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  $\textcircled{\textcircled{}}$

## shooting, separately



## 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











