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HOW TO PREVENT LEAD POISONING

First - Always wash before eating.

Second - Never eat in the room in which you work.

Third - Never chew tobacco or gum while working.

Fourth - Use overalls when you work. Do not wear your work clothes on the street or at home.

Fifth - Respirators are very useful and should always be used when working among lead dust or fumes.

Sixth - Keep the workroom clean.

Seventh - Always eat a good breakfast before going to work. Drink plenty of milk.

Eighth - Keep clean. Wash with warm water, soap and nail brush. Take at least one hot bath a week