

Lead Exposure: Quick Reference Infographic

Before & During Range Use

Eat Before Shooting	Balanced meals reduce absorption. Never shoot on an empty stomach.
Protective Gear	Wear gloves when cleaning firearms. Use ranges with good ventilation.
No Food/Drink	Do not eat, drink, or smoke inside the range.

Dietary Support

Iron	Lean red meat, beans, lentils, fortified cereals. Prevents excess lead uptake.
Calcium + Vitamin D	Dairy, fortified milks, leafy greens, sunlight. Competes with lead for absorption.
Vitamin C	Citrus, peppers, berries, broccoli. Enhances iron absorption, helps reduce blood lead.
Food Pairing	Combine iron + vitamin C foods to maximize absorption.

After Range Use

Wash Up	Wash hands and face with soap and cold water immediately.
Shower + Change	Shower and change clothes right after leaving the range.
Laundry	Wash shooting clothes separately from household laundry.

Blood Lead Monitoring

<5 µg/dL	No safe level; prevention and exposure reduction.
5–19 µg/dL	Increase surveillance; diet + lifestyle support.
20–44 µg/dL	Medical evaluation; chelation rarely required unless symptomatic.
≥45 µg/dL	Chelation may be indicated; ≥70 µg/dL is an emergency.

Sources: WHO Clinical Management of Lead Exposure (NCBI Bookshelf NBK575290); CDC/ATSDR Lead Toxicity Guidelines; EPA 'Fight Lead Poisoning with a Healthy Diet' (2019); Normative Aging Study (PubMed ID: 9645795).