

Lead is a naturally occurring element and there is lots of it in the Rosh Pinah area. As such, lead has been mined in Rosh Pinah for many years. It's in the dust, dirt and soil.

Our dry climate means lead dust gets into everything via the air. It can also be found in old lead paint, especially in homes built before 1970.

When lead builds up in our bodies it can make us sick.

Main exposure pathways of lead



98% ingestion

- Dirty hands
- Unwashed food
- Unwashed toys
- Household dust
- Dust, dirt and soil
- Old flaking and chipping lead paint
- Old lead paint dust



1% inhalation

- Household dust
- Dust, dirt and soil
- Old lead paint fumes
- Old lead paint dust
- Leaded petrol fumes



1% absorption

- Through dirty hands, skin and hair
- From mother's blood across the placenta to an unborn baby

Lead can harm children's brain development, which may cause behaviour and learning problems that can last a lifetime.

There are simple things you can do to prevent and reduce the potential health risk from lead. Living smart can reduce the amount of lead our children are exposed to, helping them grow up strong and healthy.



For more information, please ring
(within working hours, 7am to 4pm)

(063) 274 392

Do you have a question, concern or feedback for us? Scan the QR or go to bit.ly/RPZgrievance and fill the form.



www.roshpinahzinc.com/lead-care



Republic of Namibia
Ministry of Health and Social Services



Live safe

Living and playing outdoors

Lead SAFE in Rosh Pinah

and other areas of naturally occurring lead



Living safe

The best way to protect children from lead exposure is to keep them away from bare soil, dirt and dust. In your outdoor space, if you can't replace the soil or dirt entirely, you could cover it with:

- Plants, ground covers or grass
- Natural materials including mulch or pine chips
- Man-made substances like inter-locks, concrete or artificial grass

Playing safe

Bare soil, dirt and dust are the biggest sources of lead exposure for children outside the house. If your outside space is too big to cover all the soil, you could fence off a smaller grassed area for children to play in.

Wash down or wipe with a wet cloth outside play equipment and outdoor toys regularly .

When children play in dirt and soil outside, lead can get on their hands or under their fingernails. Keep your children's fingernails short, and make sure to use a nailbrush when cleaning their hands.

Children should wash their hands after playing outside or playing with pets. Ensure outdoor pets are washed regularly.

Make sure any painted outside areas in the yard, like sheds and fences are kept in good repair.



Growing safe

Trees, ground covers and tall shrubs can trap dust and stop it getting it into your house.

There are a few local ground cover and plants that grow well in Rosh Pinah and don't need a lot of water. Speak to your local nursery about how to create a lead safe and low water use garden.

If you're growing produce, fruit and vegetables, the garden beds should be raised and good soil is recommended. Vegetables and fruit should be well washed before being eaten.

Always wear gardening gloves when working in the yard/garden, and remove shoes, leaving them outside before going inside.