

# Aim at Lead Safety

**Indoor target shooting can be a fun and rewarding hobby, but it can also create small airborne lead particles that can be breathed in or swallowed and cause negative health effects.**

**Protect yourself at the firing range:**

- Use non-lead or jacketed ammunition.
- Don't eat, drink or smoke inside the range.
- Change into separate clothes and shoes or wear coveralls over street clothes when shooting at an indoor range.
- Wash hands and face immediately after shooting or after handling guns or ammunition.

**Protect yourself at home:**

- Don't cast bullets at home.
- Wash clothes worn while shooting separately from street clothes.
- Keep shooting materials that may contain lead dust on them away from children.

**Have questions?**

Call New York State Department of Health  
800-458-1158 ext. 27900

Email [boh@health.state.ny.us](mailto:boh@health.state.ny.us)

