

Reaching Out

TRAIL
HEALTH &
ENVIRONMENT
COMMITTEE



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New "Work Project Assistance Program" will Help People Doing Renovation, Demolition and Excavation Work in Trail

Why is this Program Needed?

As a result of over 100 years of smelter operation in Trail, higher than normal levels of lead have accumulated in local soil and dust. Adults are not at risk from general community exposures – there is no history of elevated blood lead levels in Trail adults, unless they have been working in a lead-related occupation. Children under five years old are more susceptible, but experience in Trail shows that exposures even to the susceptible pre-school group can be minimized by controlling smelter emissions, practicing good dietary and hygiene behaviours and covering soil with barriers such as turf, gravel or landscape fabric.

"Children need to be protected by minimizing their exposure to dust and soil created by work projects..."

However, if people are doing excavation, renovation or demolition projects, their work may create unusual exposure opportunities. Children need to be protected by minimizing their exposure to dust and soil created by work projects, and by minimizing pregnant women's exposure as well. Others in the community are usually not at risk, even when exposed to work projects. However, short-term exposure to very high dust levels that can be encountered depending on project conditions and practices could result in elevated blood lead levels in adult workers or residents.

However, if people are doing excavation, renovation or demolition projects, their work may create unusual exposure opportunities. Children need to be protected by minimizing



Sealing off the work area.



Squeezing the HEPA vac into the work area.



Who ya gonna call – "Dust Busters!"



Cleaning up dust prior to starting work.

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What does the Work Project Assistance Program Achieve?

The WPAP helps to:

- prevent dust from being blown or tracked outside the work zone;
- protect children and pregnant women from exposure to contaminated dust;
- protect workers from exposure to contaminated dust; and
- ensure that contaminated waste is transported and disposed of in a safe manner and in accordance with regulations.

What FREE Services does the Work Project Assistance Program Offer?

- Detailed advice on projects – how to control dust and dispose of waste safely
- Use of HEPA vacuum cleaners
- Respirators, disposable coveralls and plastic sheeting
- Use of specialized containment/disposal equipment

Where does the Work Project Assistance Program Apply?

Included Projects:

Renovation – including roofing (particularly involving pre-1997 buildings)

Excavations – e.g. driveways, sidewalks, in-ground swimming pools, building foundations

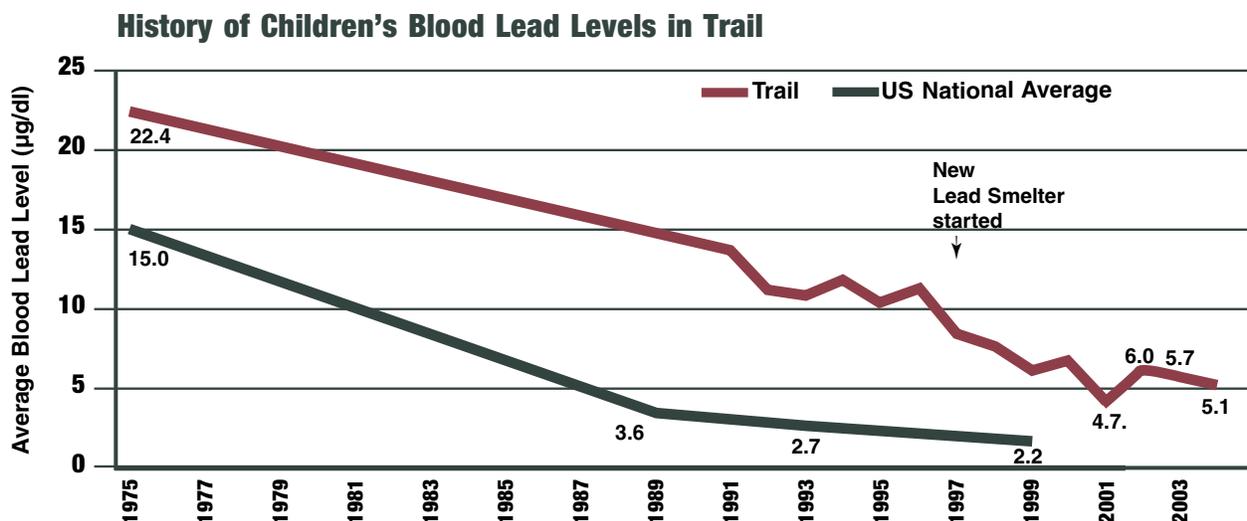
Demolition

Public works & utilities – e.g. roadways, pipelines

Work Project Assistance Program Guidelines should always be followed within the City of Trail and Rivervale.

The WPAP/CMHC guidelines should also be followed when renovating older (pre-1960) homes anywhere, due to the likely presence of lead-based paint. Owners of pre-1960 homes within the entire Greater Trail area (includes Rossland, Warfield, Oasis, Rivervale, Trail, Montrose, Fruitvale) will be eligible for applicable WPAP services related to renovations.

If you're planning any renovation, demolition or excavation work, contact the Work Project Assistance Program at 364-6223 before you begin work. The program is funded by Teck Cominco Metals Ltd. and there are no fees for WPAP services.



Continued Low Blood Lead Levels in Trail

Thank-you to all the families who participated in the fall 2004 blood lead testing program. It was a huge success! Highlights of the 2004 blood testing clinic are:

- ✓ Participation remained high, with 81% of invited children attending the clinic.
- ✓ 87% of children tested had blood lead levels under 10ug/dl (micrograms/decilitre) as compared to 78% in 2003.
- ✓ 99% of children tested had blood lead levels under 15 ug/dl.
- ✓ The average blood lead level was 5.1ug/dl slightly lower than 5.8ug/dl in 2003. This is good news!

In 2004, the Lead Program focused testing on children less than 3 years of age. For the fall of 2005, all children 6 months to 4 years of age (up to their 5th birthday) will be encouraged to participate in the annual blood lead testing. The blood lead results from this additional group of children will provide valuable and important information to the Trail community about achieving the goals for 2005.

The goals established in 2001 by the Trail Community Lead Task Force included:

At least 90% of children aged 6 months to 60 months with blood lead levels less than 10ug/dl.

At least 99% of children aged 6 months to 60 months with blood lead levels less than 15ug/dl.

Although testing is voluntary, it is the hope of the Trail Health and Environment Committee that parents will participate in the blood lead clinics to complete our study results.

In August, parents of eligible children will be contacted to arrange an appointment for the fall clinics. Anyone who has not heard from the Trail Lead Program by September, and is interested in participating in the blood lead screening is encouraged to contact the Trail Lead Program through the Trail Health Unit at 364-6200 to book an appointment.

So come out and bring your children for their lead test and enter the draws to win the many great prizes offered at this year's blood lead clinic!

The Trail Lead Program Now Has a New Coordinator of Health Services

After 16 years of dedicated service Cheryl Yates, the Trail Lead Program's Health Coordinator, has moved on to a new position with Interior Health. Thanks Cheryl for all of your hard work and efforts with the Trail Lead Program! Valerie Pitman, a Public Health Nurse in the Trail area, will be filling this position. Valerie is a native of Trail and has worked as a Public Health Nurse in the Kootenay Boundary area for 17 years. She graduated from The University of Calgary in 1986 with a Bachelor of Nursing and a Bachelor of Science in Psychology. Valerie is married and has a 15 yr old daughter and 12 yr old twin boys. Her family continues to live in the Trail area. If you have any questions or concerns about the Trail Lead Program please call Valerie at 364-6223.



New Trail Health and Environment Committee members (l-r): Jenni Sirges, Valerie Pitman, Samantha Steele

New Members

Join the Trail Health and Environment Committee

Jennifer Sirges

Jenni comes to Trail from a town one-tenth the size, Port Alice on Vancouver Island. There she worked part-time for the local Health Authority as an educator, but now feels privileged to be an at-home Mom. Married to Mark, Jenni sings in Harmony Choir, and also enjoys gardening, cycling—she's done the Kettle Valley from Rock Creek to Hope—walking, reading (John Grisham and Elizabeth George), and golfing ... when such fit around caring for 2 small children and a large dog. She believes in building assets for children, and begins this at home with Chloe (5) and Eben (2).

Samantha Steele

I recently moved to the Trail area in March, from North Vancouver. I have been employed in the home improvement industry for the past 14 years. I am enjoying the relaxed pace of living here, and getting to know the surrounding community. I look forward to working with the committee, and learning about the environment that we all share and how we can improve it.

What Do Families Need To Know About Lead?

- Good hygiene is the key. Wash your children's hands frequently throughout the day and always before snacks and meals. Keep fingernails short and clean.
- Keep your floors clean by vacuuming and damp mopping. Leave your shoes at the door.
- Wash children's toys frequently, especially the ones your child particularly likes to chew.
- Encourage your child to eat a well balanced diet high in calcium and iron. Garden produce should be washed before it is eaten. Feed young children in a highchair (after you have washed their hands).
- Keep bare dirt areas in the yard to a minimum. Sandboxes are great, especially if they are kept covered when not in use. Wash your children's hands after playing outside.
- When renovating older homes, take special precautions to avoid exposure to lead-bearing dust and paint chips (especially for pregnant women and young children).
- Find out more about the Work Project Assistance Program by calling the Trail Lead Program at 364-6223.

The Trail Lead Program (through Interior Health at 364-6223) has many education projects ongoing in the community:

- In 2005 the "Lead and your Family's Health" brochure was updated. The brochure is available through the Trail Health Unit, Dr's clinics, Trail Regional Hospital maternity ward, and is mailed to new parents.
- Annual newsletter mailed to every household in Trail.
- Radio advertizements throughout the spring and summer on topics such as: lead and nutrition, lead and pregnancy, blood lead testing, and reducing lead in the home and yard.
- Storybook aimed at preschoolers is available to daycare providers through the Child Care Resource and Referral Program.
- Ongoing presentations to community groups such as Building Beautiful Babies.