

For additional information on heavy metals & reducing your health risks go to:

The LEAD Group  
www.lead.org.au  
1800 626 086

Pollution Information Tasmania  
www.sourcewatch.org

SOS Heavy Metals  
www.sosheavymetals.com



Department of Health & Human Services  
www.dhhs.tas.gov.au

Contaminated Sites Unit  
Environment Protection Authority  
www.environment.tas.gov.au/index.a  
spx?base=400

# Health Risks and Heavy Metals

**YOUR**  
**RIGHT**  
**TO**  
**KNOW**

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Arsenic Lead  
Copper Cadmium  
**REDUCING**  
Cobalt **YOUR** Thallium  
**EXPOSURE**  
Nickel **TO HEAVY** Zinc  
**METALS IN**  
**ROSEBERY**  
Aluminium Chromium  
Iron Manganese Strontium  
Mercury

## HEALTH RISKS OF TOXIC HEAVY METALS IN ROSEBERY

The Tasmanian Government released the **Final Report** on the *Investigation into Concerns Regarding Seepage Water in a Rosebery locality 2008/2009* in 2 April 2009. Soil and seepage water sampled from several residential properties had very high levels of the toxic heavy metals - Arsenic and Lead. Additional testing of dust samples collected from the roof cavities in several homes also had unacceptably high levels of Arsenic and Lead.

Rosebery residents who co-operated with the Public & Environmental Health Service and the Environment Protection Authority during the investigation have recognised symptoms of toxic heavy metal poisoning and some have very high levels of Arsenic, Lead, Cadmium and Copper in their bodies.

The cocktail effects of toxic heavy metals can cause chronic and acute symptoms including:

*Fatigue*  
*Headache*  
*Weight Loss*  
*Abdominal Pain*  
*Nausea*  
*Vomiting & Diarrhea*  
*Muscle Weakness*  
*Nerve Damage*  
*Curling of Fingers, Toes, and Nails*  
*Tremors*  
*Irritability*  
*Depression*  
*Learning Difficulties*  
*& can lead to chronic diseases and cancer*

## WHAT ARE THE GOVERNMENT'S RECOMMENDATIONS TO REDUCE YOUR RISKS OF HEAVY METAL CONTAMINATION?

The Tasmanian Government's Report of the Rosebery Investigation includes Information on the heavy metals Arsenic, Lead, Cadmium and Zinc, **but to date no information sheets have been distributed in Rosebery.** In addition to precautions to minimise risks of exposure from old lead based paint in and around homes, the Report includes 16 recommendations for how residents can reduce their exposure from heavy metals:

- “Frequently wash your own and your children's hands, especially before eating
- Regularly wash family pets and toys
- Try not to track dirt or mud into the house on shoes
- Try not to let pets track dirt or mud into the house
- Regularly wash or wet-mop floors, stairs, and window sills to reduce any dust that may have tracked indoors
- Vacuum walls, soft furnishings and carpets regularly
- Remember to place dust in the garbage not in the garden
- Discourage children from nail biting

## WHAT ARE THE GOVERNMENT'S RECOMMENDATIONS TO REDUCE YOUR RISKS OF HEAVY METAL CONTAMINATION?

- Place clean uncontaminated sand or soil in children's sand pits and play areas – move your children's play areas away from bare soil
- Do not drink rainwater or use in cooking or for making up baby formula
- Don't let pets drink any seepage/exposed groundwater
- Wash fruit and vegetables (especially if home grown) before cooking and eating
- Cover food to avoid dust settling on it
- Introduce clean top soil 30cm in depth in areas where vegetables are to be grown
- Maintain a healthy diet
- Make sure your home environment is safe”

**If you would like to be tested or need further information about health risks associated with heavy metals contact your local doctor or the Public & Environmental Health Service on 1800 671 738**