

Cadmium Fact Sheet

Cadmium is a metal that is found in nature and is used in many industries and products.

Cadmium is found in

- Cigarette and other tobacco smoke.
- Some cheap metal jewelry, including some charms.
- Rechargeable batteries labeled NiCd or NiCad.
- Metal plating and solder.
- Some red, yellow, and orange decorative paints, which may be used on glassware and pottery.

Possible health concerns

Cadmium:

- May affect brain development in young children.
- Can damage the lungs and kidneys.
- Can increase lung cancer risk.
- Can weaken bones.

Possible ways to reduce exposure

- Do not smoke or let children breathe cigarette or other tobacco smoke.
- Do not let children wear or play with cheap metal jewelry or charms.
- Do not let children handle rechargeable batteries labeled NiCd or NiCad.
- Properly recycle batteries (see below).
- If you do any welding or metalworking, be sure that your work area is well ventilated and use proper protective equipment.
- Keep children away from welding fumes and other metal vapors and dusts.
- Eat a well-balanced diet with adequate iron, which can help reduce the amount of cadmium that your body absorbs.

For more information:

Cadmium fact sheet: <http://www.atsdr.cdc.gov/toxfacts/tfacts5.pdf>

Battery recycling location: Visit <http://recyclenation.com/> and enter "Batteries (Rechargeable)" and your zip code in the search box or call 1-800-732-9254.