Different areas of the body absorb chemicals at different rates. This graphic compares the chemical absorption rate of some parts of the body to the absorption rate of the feet.


How Does Your Body React?

- **Head**: dizziness, headache
- **Ears**: ringing, temporary deafness, hearing loss
- **Teeth & Gums**: corrosion of tooth enamel, blue gums
- **Chest & Lungs**: wheezing, congestion, shortness of breath on mild exercise, flu-like symptoms (e.g., “metal fume fever”)
- **Reproductive System**: miscarriage, irregularities in menstruation, damage to fetus or chromosomes, sterility
- **Skin**: redness, dryness, itching, ulcers, skin cancer
- **Eyes**: redness, irritation, watering, grainy feeling, welder’s flash
- **Nervous System**: stress nervousness, irritability, sleeplessness, tremors, speech changes
- **Nose & Throat**: sneezing, coughing, sore throat, nasal cancer
- **Joints**: tendinitis, inflammation
- **Muscles & Back**: soreness, strain
- **Stomach & Intestines**: vomiting, diarrhea

adapted from the International Metal Workers Union