

Read product labels and avoid hazardous chemicals

CLEANING

Antibacterials/antimicrobials: in some detergents, soaps, toilet cleaners & disinfectants

Bleaches & ammonium compounds: in some stain & mould-removers, oven cleaners, disinfectants, sanitisers, toilet & bathroom cleaners, pool & spa products

Detergents: many laundry & dishwashing products contain sodium lauryl/laureth sulphate (SLS/SLES)

Synthetic fragrance/parfum: added to most cleaning products, air fresheners, toilet deodorizers

Volatile solvents: in most spot removers, degreasers, aerosols, shoe polishes, furniture waxes, dry cleaning fluids

HOUSEHOLD

Antibacterials/antimicrobials: in some cling wraps, plastic chopping boards, sponges, clothing

Bisphenol A: in some tin can linings, hard plastics, baby bottles, micro-wave ovenware

Brominated flame retardants: used in some mattresses, pillows, carpets, cushions & most electronic goods

Phthalates: in PVC, some toys, teething rings, dummies, meat wrappers, vinyl flooring & wallpaper

Perfluorinated compounds: in water/stain repellent fabrics & some 'non-stick' cookware

Toxic metals: cadmium, mercury, lead, arsenic in some hair dyes, batteries, fertilisers, PVC, paint, treated timber

PEST CONTROL

Naphthalene: in mothballs

Synthetic pesticides: organophosphates, carbamates & pyrethroids are active ingredients in many insect surface sprays, baits, dusts, pest strips, plug-ins, garden chemicals, head lice treatments, pet products

Snail baits: may contain metaldehyde or methiocarb

PERSONAL CARE

Antibacterials/antimicrobials: (eg triclosan) in some toothpaste, mouthwash, antiperspirants, soaps

Formaldehyde: a preservative in nail-products, cosmetics, hair dye, shampoo, bubble bath, shower gel, mouthwash, make-up

Synthetic fragrance/parfum: in some bath, hair & shaving products, cosmetics, soap, deodorants

Sodium lauryl/laureth sulphate: in many shampoos, body wash, douch products, mouthwash & toothpaste

Phthalates: in some fragrances, lipsticks, cosmetics, nail polish, deodorants, hair spray

Choose safe, effective and low cost options

CLEANING

Pure soap and water to disinfect & clean

Bicarbonate of soda an all purpose cleaner & stain remover, deodoriser

White vinegar cuts grease & cleans glass

Eucalyptus oil* for spot cleaning & disinfection

Beeswax polish for wood & furniture

Micro-fibre cloths clean without chemicals

Plant-based concentrated products

Sunshine whitens fabrics & kills bacteria

Ventilate for air circulation & to reduce chemical build-up

HOUSEHOLD

Silicone-based teething toys & teats, wooden or natural fabric toys

Glass bottles & storage jars, re-useable & compostable containers

Wood chopping boards

Stainless steel, glass or enamel cookware

Rechargeable mercury-free & lithium-ion or nickel-metal hydride batteries

Certified organic garden products

Water-based paint, natural & plant-based bio paints

PEST CONTROL

Prevention is better than cure: regular cleaning, fix leaks, seal cracks & crevices, weather strips on doors, sticky traps, vacuuming

Fly screens, mosquito nets & protective clothing

Plant-based insect repellents* with lavender, lemon myrtle, tea tree, eucalyptus, citronella

Air tight storage for food and clothing, plenty of light & ventilation

Holistic headlice treatment see: www.headlice.org

PERSONAL CARE

Certified organic, plant-based products for the whole family - hair, body, cosmetics, make-up, face creams

Herbal toothpastes & mouthwashes* most free from artificial sweeteners, fluoride & SLS – remember to floss!

Home made hair stylers salt water in a hand pumped spray bottle for fine hair, beeswax for heavier hair

Epsom salts with pure essential oils* for soothing baths

Plant-based natural lubricants

*Some people are sensitive to concentrated essential oils

YOUR HOME IS YOUR SANCTUARY

Your home is your sanctuary where you and your family can relax and play in a healthy environment.

Making safer choices about everyday products used for cleaning, personal care, pets, gardens, pest control and household items will help to reduce the build-up of chemical pollution inside your home and the environment.

If you're planning pregnancy, are currently breastfeeding, or have babies and children at home, it's especially important you always choose the safest options.

YOU CAN MAKE A DIFFERENCE!

By committing to *Safer Solutions* today, you can reduce your family's exposure to hazardous chemicals and help to create a healthy future.

Visit our website and download a free copy of the popular booklet **Detox Your Home** and find out more about chemicals online in our **A-Z of Chemicals in the Home**.

Remember to report any adverse effects you may experience with a product to regulators and manufacturers.

Disclaimer: Not all products include the chemical substances listed and not all hazardous chemicals have been included. TEC cannot be held liable for insufficient labeling of chemical products available to consumers. We recommend that you get additional information such as Material Safety Data Sheets (MSDSs) or contact the manufacturer. NB some natural products may also be irritants and sensitisers.



Safer Solutions
Keeping your home **healthy** and **green**

For more great ideas on reducing hazardous chemicals in your home visit www.saferolutions.org.au



TOTAL ENVIRONMENT CENTRE



our environment *it's a living thing*

This project has been assisted by the NSW Government through its Environmental Trust.

www.saferolutions.org.au

EASY GUIDE

to reducing hazardous chemicals in your home

www.saferolutions.org.au