

# 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](http://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](http://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](http://www.saferolutions.org.au)

# EASY GUIDE

to reducing hazardous chemicals in your home

[www.saferolutions.org.au](http://www.saferolutions.org.au)