

Protect Yourself: Cleaning Chemicals and Your Health Poster



Working with cleaning chemicals can cause:

Protect Yourself: Cleaning Chemicals and Your Health

Working with cleaning chemicals can cause:

- Coughing
- Wheezing
- Red, itchy eyes
- Runny nose
- Stomach and eye burns
- Shortness of breath
- Headaches
- Headaches or dizziness
- Headaches
- Itching

Even tiny health problems that you think are caused by using cleaning chemicals tell your supervisor and/or call a doctor.

What You Need to Know

Some cleaning products that contain bleach and ammonia. Dangerous gases can be released and can cause severe lung damage.

Your employer is required to provide a safe workplace that includes:

- Sufficient ventilation (airflow) when using cleaning chemicals.
- Protection clothing, gloves and safety goggles, when needed.
- Labels on containers of cleaning chemicals.
- Training on the hazards of cleaning chemicals you are using and safe work practices.

Your employer must train you to:

- Know the hazards of cleaning chemicals (Hazard) using them.
- Know how to use and store cleaning chemicals safely.
- Know how and when to dilute cleaning chemicals you are using.
- Know what to do if there is a spill or other emergency.
- Know how to use and use hazard information included on safety data sheets (SDS).
- Know how and when to use protection clothing, gloves and safety goggles.

Remember

- Wash your hands after using cleaning chemicals and before eating, drinking or smoking.

Green Cleaners

What are they?

- Cleaning products certified by independent organizations as safer to use and less harmful to your health and the environment.
- Cleaners with "green" in their name or on the label.
- Not all are certified.

Are Green Cleaners Effective at Cleaning?

- Many have met performance standards for the products you.
- Not many green cleaners are "fragrance free" that still clean effectively. "Fragrance free" does not mean no odor.

Safety Reminder

- You must wear eye protection (safety goggles or safety glasses) with some certified green cleaners. Ask your employer.

The poster document is based on the Green Seal program and is not intended to be used as a guide for selecting a cleaning product. The poster is not intended to be used as a guide for selecting a cleaning product. The poster is not intended to be used as a guide for selecting a cleaning product.



