

Toxics in Your Home?

Look Under the Sink

Joan Simpson, CT Department of Public Health

Judy Prill and Mary Sherwin,
CT Department of Energy & Environmental Protection



Objectives for Participants

- State the two major reasons for switching to green cleaning products.
- Determine if the ingredients in a cleaning product are potential hazards.
- Demonstrate how to implement green cleaning in the home.

Today's Topics

- Why make the switch from toxic to “green”?
- What can you do?
- Green Cleaning
- Breathe Easy While Cleaning Program



Common household cleaners
contain hazardous ingredients?

True



False



Store Bought Cleaners

- Negatively impact:
 - Human Health
 - Environment



Store Bought Cleaning Products

- Many contain hazardous chemicals
 - Corrosive
 - Reactive
 - Flammable
 - Toxic
- Produce fumes
- Pollute air, water, land
- Contribute to asthma, allergies
- Possibly cancer-causing



Hidden Dangers

Chemicals:

- > 80,000 chemicals registered
- Only 10% known health & environmental effects
- Traditional testing is for immediate health and safety effects; single chemicals
- Exposure to complex mixture of chemicals

Hidden Dangers

- Leave behind harmful residues
 - Can affect children & pets
- 7.3% of all toxic exposures reported were from an exposure to cleaning products
(U.S. Poison Control, 2010)
 - More than half of those occurred to children 5 years old or younger.



Disinfecting



- Ammonia: Fumes irritating & corrosive
 - Damage to eyes, liver, kidneys, and lungs due to no ventilation or repeated exposure.
- Bleach: Corrosive
 - Can cause severe skin & eye irritation
 - Most accidental poisoning of children <6 years old
- Phenols
 - Found in spray, liquid, and wipe disinfectants
 - Corrosive to eye, skin

Bleach + Ammonia = toxic gas

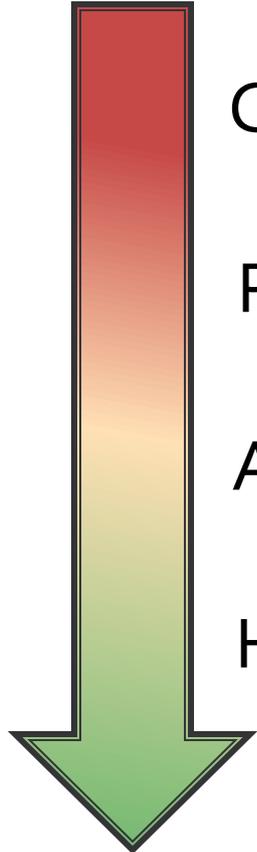
Disinfecting

- Soap & Hot Water with mechanical action works for most situations.
- If need to disinfect:
 - Use least toxic disinfectant
 - Use appropriately



Risk

Most toxic



Chlorine (Bleach) /Sodium Hypochlorite

Phenols (Disinfectants)

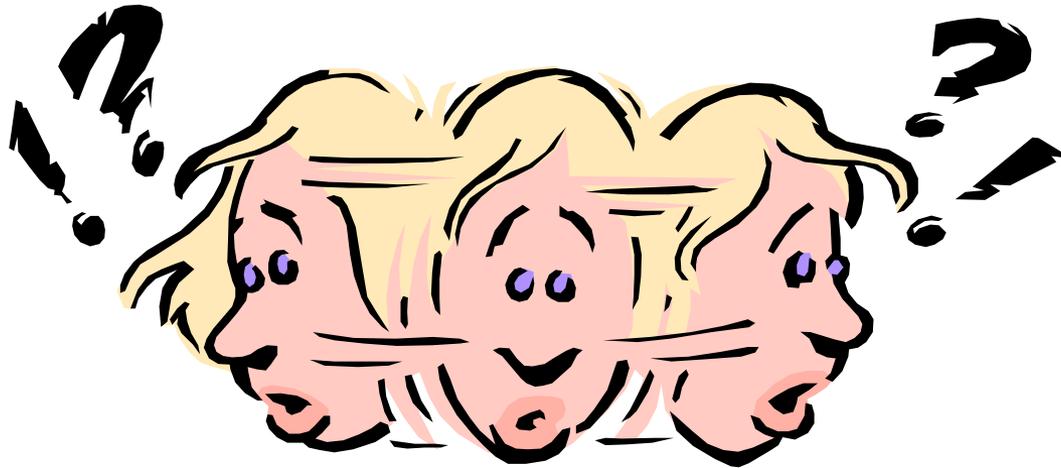
Ammonia (Quaternary ammonia)

Hydrogen Peroxide

Least toxic

What Can You Do?

Make an informed decision



What Can You Do?

- Purchase safer products
 - Read labels
 - Buy the least amount of product for the job
 - Avoid scented products
 - Avoid aerosols
 - Look at packaging

What to look for on labels

- Signal Words

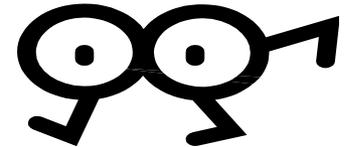


| Danger Level | Signal Word | What the Product Label Means |
|------------------------|--------------------|--|
| MOST DANGEROUS | POISON | Highly Toxic |
| ↓ | DANGER | Extremely flammable, corrosive or highly toxic |
| | WARNING | Moderate Hazard |
| LEAST DANGEROUS | CAUTION | Mild or Moderate Hazard |

What to look for on labels

- List of ingredients
 - Not required to list, but good ones do
 - May see a partial list without hazardous materials listed
 - Active ingredient

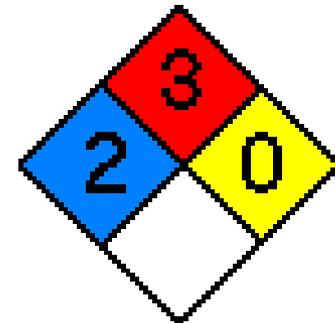
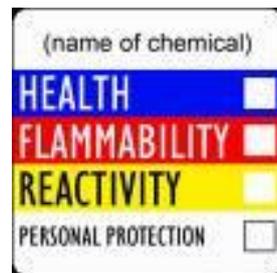
What to look for on labels



- Look for health effects
- Look for personal protective equipment (PPE) and disposal requirements

MSDS (Material Safety Data Sheet)

- Look for health effects
- Health Rating 0-1
- Ingredients – quaternary ammonia, phenol, chlorine
- Personal protective equipment (PPE)
- Where can you find a MSDS?



GLANCE HC

| | | | | |
|---|--|--|-------------|---|
| National Fire Protection Association (NFPA) | | Hazardous Material Information System (HMIS) | Health | 3 |
| | | | Fire Hazard | 0 |
| | | | Reactivity | 0 |
| Protective Clothing | | Emergency Overview Clear. Blue. Liquid. See Section 9. DANGER. CORROSIVE. CAUSES EYE AND SKIN BURNS. HARMFUL OR FATAL IF SWALLOWED. | | |

Section 1. Chemical Product and Company Identification

| | | | |
|--------------------------|--|------------------------------|---|
| Product Name | GLANCE HC | Code | 3063402 & 3165337 & 4967 & 5779 |
| Product Use | Industrial/Institutional: Cleaning product. This product is intended to be diluted prior to use. | PMS# | 3131938 |
| MSD# | 114701001 | Validation Date | 7/29/2003 |
| U.S. Headquarters | JohnsonDiversey, Inc. 8310 16th Street Sturtevant, Wisconsin 53177-0902 Phone: (800) 725-6737 MSDS Internet Address: www.johnsondiversely.com | Canadian Headquarters | JohnsonDiversey - Canada, Inc. 2401 Bristol Circle Oakville, Ontario L6H 6P1 Phone: 1-888-746-5971 |
| | | Print Date | 7/29/2003 |
| | | Supersedes | 7/9/2003. |
| | | In Case of Emergency | (800) 851-7145 |

Section 2. Composition and Information on Ingredients

| Ingredients | CAS # | % by Weight | Exposure Limits | LC50/LD50 |
|-----------------------|-----------|-------------|---|---|
| Ammonium Hydroxide | 1336-21-6 | 1-5 | Not available. | ORAL (LD50): Acute: 350 mg/kg [Rat]. |
| Sodium Lauryl Sulfate | 1330-72-7 | 1-5 | Not available. | Not available. |
| Sodium Lauryl Sulfate | 151-21-3 | 5-10 | Not available. | ORAL (LD50): Acute: 1288 mg/kg [Rat]. DUST (LC50): Acute: >3900 mg/m ³ 1 hour(s) [Rat]. |
| 2-Butoxyethanol | 111-76-2 | 30-60 | OSHA (United States). TWA: 120 mg/m ³ . ACGIH (United States). TWA: 97 mg/m ³ | ORAL (LD50): Acute: 506 mg/kg [Rat]. DERMAL (LD50): Acute: 406 mg/kg [Rabbit]. VAPOR (LC50): Acute: 460 ppm 4 hour(s) [Rat]. Not available. |
| Water | 7732-18-5 | 30-60 | Not available. | Not available. |

Section 3. Hazards Identification

| | |
|---|--|
| Routes of Entry | Inhalation. Skin contact. Eye contact. |
| Potential Acute Health Effects | <p><i>Eyes</i> Corrosive. May cause permanent damage including blindness.</p> <p><i>Skin</i> Corrosive. May cause permanent damage.</p> <p><i>Inhalation</i> May cause irritation and corrosive effects to nose, throat and respiratory tract.</p> <p><i>Ingestion</i> Corrosive. May cause burns to mouth, throat, and stomach.</p> |
| Medical Conditions | Persons with pre-existing skin disorders may be more susceptible to irritating effects. Individuals with chronic respiratory disorders such as asthma, chronic bronchitis, emphysema, etc., may be more susceptible to irritating effects. |
| See Toxicological Information (section 11) | |

GLANCE NON-AMMONIATED GLASS CLEANER

| | | | | |
|---|--|---|-------------|---|
| National Fire Protection Association (NFPA) | | Hazardous Material Information System (HMIS) | Health | 1 |
| | | | Fire Hazard | 0 |
| | | | Reactivity | 0 |
| Protective Clothing None required. | | Emergency Overview Blue. Liquid. See Section 9. CAUTION: May be mildly irritating to eyes. May be mildly irritating to skin. | | |

Section 1. Chemical Product and Company Identification

| | | | |
|--------------------------|--|------------------------------|---|
| Product Name | GLANCE NON-AMMONIATED GLASS CLEANER | Code | 3172641 & 3361936 |
| Product Use | Industrial/Institutional: Cleaning product. | PMS# | 3191797 |
| MSD# | F-00424001 | Validation Date | 7/8/2004 |
| U.S. Headquarters | JohnsonDiversey, Inc. 8310 16th Street Sturtevant, Wisconsin 53177-0902 Phone: (888) 352-2249 MSDS Internet Address: www.johnsondiversely.com | Canadian Headquarters | JohnsonDiversey - Canada, Inc. 2401 Bristol Circle Oakville, Ontario L6H 6P1 Phone: 1-800-668-3131 |
| | | Print Date | 7/8/2004 |
| | | Supersedes | 9/24/2003 |
| | | In Case of Emergency | (800) 851-7145 |

Section 2. Composition and Information on Ingredients

| Ingredients | CAS # | % by Weight | Exposure Limits | LC50/LD50 |
|-----------------------------|------------|-------------|---|--|
| Ethyl Alcohol | 64-17-5 | 0.1-1 | OSHA (United States). TWA: 1900 mg/m ³ . ACGIH (United States). TWA: 1880 mg/m ³ . Not available. | ORAL (LD50): Acute: 7060 mg/kg [Rat]. VAPOR (LC50): Acute: 20000 ppm 10 hour(s) [Rat]. |
| Alcohol Ethoxylates | 68439-46-3 | 1-5 | Not available. | ORAL (LD50): Acute: 1378 mg/kg [Rat]. DERMAL (LD50): Acute: >2000 mg/kg [Rabbit]. |
| Sodium Lauryl Sulfate | 151-21-3 | 1-5 | Not available. | ORAL (LD50): Acute: 1288 mg/kg [Rat]. DUST (LC50): Acute: >3900 mg/m ³ 1 hour(s) [Rat]. |
| Sodium Lauryl Ether Sulfate | 9004-82-4 | 1-5 | Not available. | ORAL (LD50): Acute: 1600 mg/kg [Rat]. Not available. |
| Water | 7732-18-5 | 60-100 | Not available. | Not available. |

Section 3. Hazards Identification

| | |
|---------------------------------------|--|
| Routes of Entry | Inhalation. Skin contact. Eye contact. |
| Potential Acute Health Effects | <p><i>Eyes</i> May be mildly irritating to eyes.</p> <p><i>Skin</i> May be mildly irritating to skin.</p> <p><i>Inhalation</i> None known.</p> <p><i>Ingestion</i> None known.</p> |

What else can I do?

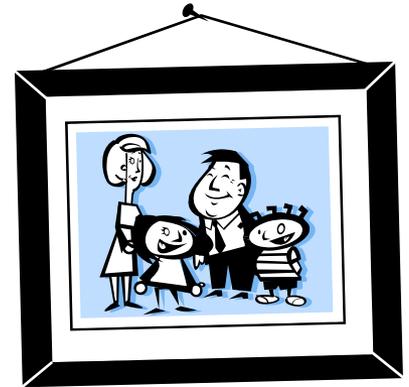
Try green cleaning!



“Green” Cleaning



- Means using non-toxic or less toxic cleaning products
- Healthier for you & your family
- Better for the environment



Green Store-Bought Cleaners

- Safe – 3rd party certified
- Many found in health food stores
- More now available in grocery stores (consumer-driven)
 - e.g., Seventh Generation, Dr. Bronner's, Planet (CT DPH & CT DEEP do not endorse any products or companies.)

What to look for on labels

- Seals
 - Green Seal, Eco-Logo (3rd party certifiers)

- Logos
 - DfE



Environmental Impact

- Look for products that are:
 - Plant-based not petroleum-based
 - Concentrated
 - Pump-spray bottles
 - Packaged in recycled content containers



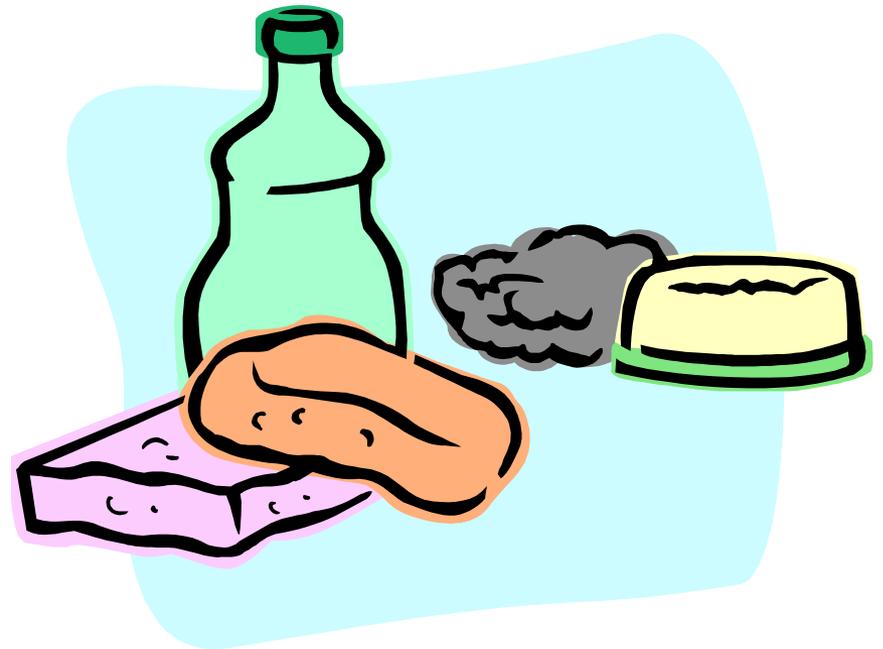
Beware of GREENWASHING

- Greenwashing means misleading consumers about the environmental practices of a company or the environmental benefits of a product or service. (TerraChoice)
- Look for quantifiable claims, not vague, feel-good terms. (e.g., phosphate-free rather than environmentally-safe)



What Can You Do?

- Clean less 😊
- Make Your Own



Homemade Cleaners

- Naturally milder
- Many work as well or better
- May need more “muscle”
 - Hard to match dissolving power of toxic chemicals



- Safer around kids



Making Your Own Cleaners

- Can find most ingredients in grocery store
- Others found in health food stores & on-line
- Getting started/making transition may take extra time (mixing & labeling).

Start simple.



Shopping List

- Vinegar
- Borax
- Liquid soap (dishwashing liquid)
- Baking soda
- Scrub pads
- Spray bottles
- Measuring cups & spoons
- Microfiber cloths



Recipes

All Purpose Cleaner

Pour: 3 tablespoons of vinegar

1 teaspoon borax

2 cups of water into a spray bottle.

Shake to dissolve.

Add 1 teaspoon liquid soap (or dishwashing liquid) to the bottle.

Shake again.

Spray on surface, wipe clean.

For tough dirt, leave cleaner on for a few minutes and then wipe off.

Label and Storage



Cost

- If Homemade
 - Products are one-tenth the store price
 - Don't have to deal with as many type of cleaners
- If Store Bought "Green"
 - Typically slightly more expensive



Doubters

Q: “I have been using bleach and ammonia for years and I haven’t had any problems. Why should I switch?”



A. Maybe none that you can notice

- Chlorine Bleach is corrosive; Ammonia fumes are irritants and corrosive. Many are respiratory irritants.
- Long term and cumulative effects; increased sensitivity

Doubters

Q: “How can I make sure everything is disinfected if I change to less toxic cleaning products?”



A. Everything does not have to be disinfected. Your own family’s germs are the germs in the home. Only be concerned about disinfecting when someone is sick and then disinfect only in the “sick room.”

Making the Switch



- If you decide to “Go Green”:
 - Dispose toxic products properly
 - DO NOT throw in trash or dump down drain
 - Give to someone who won’t make the switch
 - Bring to Household Hazardous Waste Collections
 - www.ct.gov/deep/hhw
 - Store safely before disposing

Breathe Easy While Cleaning Program

- Display case and caddy
- Take Home Recipe Cards
- Pledge Forms



Breathe Easy While Cleaning Program

- Display Case (borrow or make own)
 - Set up directions, content
- Cleaning Caddy & checklist
- Recipe Cards and Pledge
- Training Package:
 - Program Details
 - Sample Presentation Outline



The Cleaning Caddy

- Contains:
 - Spray bottles (labeled)
 - Measuring cups & spoons
 - Squeeze bottle (vinegar)
 - Dishwashing liquid
 - Borax
 - Box & shaker baking soda
 - Scrubbing brush



Breathe Easy Recipe Card

Recipes for Healthy Cleaners

All Purpose Cleaner – Pour 3 Tablespoons vinegar, 1 teaspoon borax and 2 cups hot water into a spray bottle. Shake until dissolved. Then add 1 teaspoon liquid soap (or dishwashing liquid) to the bottle and shake it again. Spray on surface and then wipe clean. For tough dirt, leave cleaner on for a few minutes and then wipe off.



Glass Cleaner – Pour 2 Tablespoons of vinegar and 2 cups of water into a spray bottle. Add 2 drops of liquid soap (or dishwashing liquid) and shake to mix. Spray on glass and wipe with lint-free cloth. Dry off with a second lint-free cloth.

Sink, Tub and Tile Cleaner – Sprinkle on baking soda, rub with wet sponge or scrub cloth and rinse. For mineral deposits, soak a cloth in vinegar and leave it on the deposit for about an hour and then clean off area. For soap scum deposits, spread liquid soap or clarifying shampoo on the surface and leave it for about an hour. The deposits will be softened and then can be cleaned away with a scrub cloth or a brush. For mold or mildew, make a paste of borax and water and put it on the surface to be cleaned. Leave paste on the area for about an hour and then scrub it off.



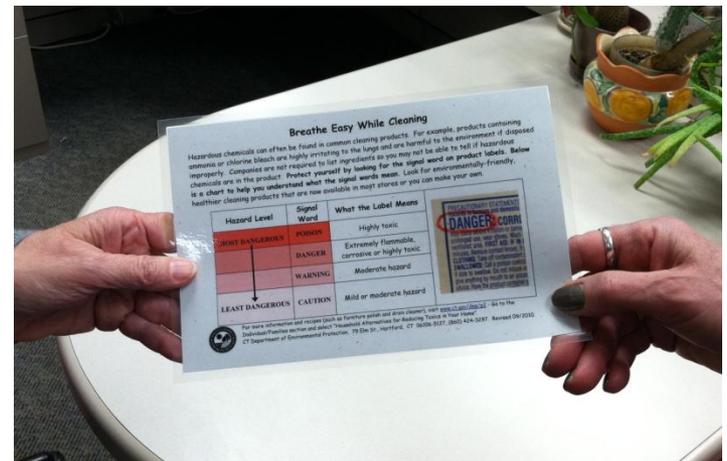
Toilet Bowl Cleaner – Squirt vinegar from squeeze bottle under the rim. Pour about $\frac{1}{2}$ cup borax into the toilet and use a toilet brush to clean the bowl. For mineral deposits, leave mixture in toilet for at least an hour. Then use the brush again to clean. Use the all-purpose cleaner and a sponge or scrub cloth to clean the seat and outside of the bowl.

Oven Cleaner – Make sure oven is turned off. Make a paste of baking soda and water and put on the sides and bottom of the oven. Let it set overnight. Scoop out baking soda and then wipe clean with damp cloth. Use scouring pad for tough spots.



Breathe Easy Pledge

- Make the commitment to TRY at least **1** alternative non-toxic cleaner
 - Sign pledge
- Take recipe card
- Be willing to follow-up
 - Call, email
- Bring hazardous cleaners to HHW



Marketing

- Promote Recipe Cards
- Green Cleaning “Parties”
- Fairs
 - Community
 - Employee
 - Earth Day
- Parents Groups



Resources



- Household Alternatives for Reducing Toxic Products in Your Home
www.ct.gov/deep/greencleaning
- Indoor Air Quality (IAQ) House
www.epa.gov/iaq/iaqhouse.html
- EPA Healthy Homes Booklet
www.epa.gov/ne/healthyhomes/pdfs/healthyhomes.pdf
- Household Products Database
<http://householdproducts.nlm.nih.gov>
- Women's Voices for the Earth
<http://womensvoices.org/making-products-safe/safe-cleaning-products/>

Contact Information

- CT DPH

- Joan Simpson

- joan.simpson@ct.gov 860-509-7818

- CT DEEP

- Judy Prill

- judith.prill@ct.gov 860-424-3694

- Mary Sherwin

- mary.sherwin@ct.gov (860)-424-3246

GREEN CLEANING

Healthier & Better for the Environment

