CAUTION

If you work with or around cleaning products and are having breathing problems, read this information.

Protect Yourself... Make Cleaning Safer

NEVER mix cleaning products.

NEVER use a cleaner at full strength when the instructions say to dilute it.

ALWAYS:
▷ Store products in their original containers.
▷ Leave windows and doors open if possible, or use a fan to circulate air, especially when cleaning in small or closed spaces.
▷ Try to avoid using spray products and aerosols. Instead of spraying, wet a rag to wipe on the surface.
▷ Use less toxic cleaners whenever possible.
▷ Use personal protective equipment:
  • Wear goggles and/or gloves to prevent eye and skin contact with hazardous chemicals.
  • Know that dust masks will NOT prevent these chemicals from entering your lungs.
▷ Learn more:
  • Read warning labels on the products you use.
  • Read the Material Safety Data Sheets (MSDS). The MSDS tells you the ingredients in the product, and the effects those ingredients have on your health. Your employer should have a copy.

Get informed ▶ Check out these Web sites:

www.cleanersolutions.org
www.mass.gov/epp
www.informinc.org
www.greenseal.org

FOR MORE INFORMATION CONTACT:
Massachusetts Department of Public Health Occupational Health Surveillance Program
250 Washington Street, 6th Floor
Boston, MA 02108
www.mass.gov/dph/ohsp
(617) 624-5632

In case of an emergency, contact the National Poison Control Center:
1-800-222-1222
If you work with or around cleaning products and experience ANY of the asthma symptoms listed, talk to your doctor.

Write down the names of the products you work with to show your doctor, and tell your doctor when your symptoms occur.