

Are Cleaning Products

HARMFUL?

What you really need to know about cleaning solutions.



Cleaning and other household products have become an inseparable part of our lives. Our obsession to leave everything sparkly clean often leads to health problems because of the incorrect and excessive use of strong cleaning substances.



Toxins build up in your body because of direct contact with the skin or inhalation.

Excessive misuse often leads to different health problems like allergies, respiratory problems, skin burns, watery eyes, endocrine problems and similar.



1. PHTHALATES

Fragranced household products, including dish washing liquids, toilet paper or air fresheners have phtalates. When inhaled or in contact with the skin these ingredients can cause asthma, migraine and endocrine disruption.



2. PERCHLOROETHYLENE OR “PERC”

When inhaled in large doses it causes dizziness and loss of coordination. PERC can be found in some stain removers, or textile cleaning solutions.



3. 2-BUTOXYETHANOL

2-Butoxyethanol can be found in certain multipurpose cleaning or window washing preparations. It is known to cause sore throat, respiratory and other problems when mishandled. To avoid breathing in the fumes, make sure to keep the windows open or air the premises afterwards.



4.AMMONIA

Ammonia is a powerful substance which will have immediate effect on you when inhaled in large doses. It's a common ingredient in polishing agents for sinks, bathroom fixtures and jewelry, and commercial cleaners. People with respiratory problems are sensitive to it, and when used on a daily basis it may lead to bronchitis.



HOW DANGEROUS COULD THEY BE?

When frequently misused, they cause many longterm problems like skin and respiratory allergies. These substances are also known as endocrine disruptors, as they may interfere with the hormonal glands by causing different disorders.



HOW TO AVOID THEIR NEGATIVE EFFECT?

London tenancy cleaning experts would recommend reading the instructions for use carefully and working with the proper equipment.

*Protect your skin by wearing rubber gloves.

*To avoid inhaling concentrated toxic fumes, air the premises.



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Information sources:

8 Hidden Toxins: What's Lurking in Your Cleaning Products?
How Toxic Are Your Cleaning Products?