Possible health effects

- Carcinogenic, mutagenic, toxic to reproduction
- Impairs fertility, harmful by inhalation, swallowing and skin contact, and for the unborn child
- Disrupts the hormone system, allergen
- Impairs fertility, harmful by inhalation, swallowing and skin contact, and for the unborn child
- Disrupts the hormone system
- Very toxic to aquatic life

General Tips

- Read product labels and research the chemicals listed on product labels; you find usefull links that will help you understand product labels on: www.projectnesting.org/
- Avoid products with fragrances. A clean babyroom should not smell at all.
- Avoid disinfectants and products claiming anti-bacterial action. Disinfectants are only needed in hospitals and homes of patients with suppressed immune systems. Ordinary cleanliness is sufficient to eliminate hazardous bacteria. Disinfectants may also contain chemicals that interfere with the immune system and are often comprised of carcinogen and respiratory toxins like formaldehyde, and chlorine, a lung irritant. Products containing antibacterial and anti-microbial agents kill beneficial bacteria too and contribute to the creation of antibiotic-resistant bacteria.
- Don’t trust manufacturers’ green claims. Use products that are certified by an independent third party you can trust and according to a publically available environmental standard you can understand, e.g. labeled with EU eco-label (EU Flower), the German Blue Angel, the French NF Environment or the Nordic Ecolabel (Nordic Swan).
- With an all purpose cleaner, a washing up liquid, a scrubbing milk and a citric acid based cleaner, you can clean the whole household.
- Detergents can’t be 100 % environmentally friendly. Therefore use them as sparingly as possible and control the dosage especially for concentrates
- Play it safe: avoid poisoning, store cleaning products out of children’s reach, don’t pour into other bottles, more at: childsafety.direct.gov.uk
- Avoid irritation and allergies; to this end try to avoid preservatives and fragrances and most notably isothiazolinones (CMIT, MIT, BIT, OIT), amyl cinnamal, hexyl cinnamaldehyde, linalool, benzyl alcohol, coumarin, benzyl benzoate, geraniol, eugenol, lilial, methylheptincarbonat, citronellol, limonene, citral, and geraniol.


Hazardous chemicals

- Formaldehyde
- Triclosan
- 1,2-dichlorobenzene
- 2-methoxyethanol
- 2-ethanolamine
- 2-ethoxyethyl acetate
- Phthalates
- Nitromusks, polycyclic musks
- Octamethylcyclotetrasiloxane
- Octylphenol (ethoxylates)
- Cloroform

Possible health effects

- Common,ologic, start to reproduce
- Very toxic to aquatic life
- Impairs fertility, harmful by inhalation, swallowing and skin contact, and for the unborn child
- Impairs fertility, harmful by inhalation, swelling and skin contact, and for the unborn child
- Impairs fertility, harmful by inhalation, swallowing and skin contact, and for the unborn child
- Impairs fertility, harmful by inhalation, swallowing and skin contact, and for the unborn child
- Impairs fertility, harmful by inhalation, skin contact

All-purpose, window, sanitary, floor, carpet and furniture cleaners and polishing agents, and disinfecting detergent.
All-purpose cleaners

There is a wide range of all-purpose cleaners. They may contain strong petrol distillates, which can cause kidney and liver damage, choline, also known as bleach, and carcinogenic harmul hyclate. Very often they contain preservatives, perfumes and colourants including hormone disrupting chemicals and chemi- cals which can provide skin sensitisation and respiratory distress.

Tips!
- Avoid specific products for windows, grill, floor, carpet and furniture cleaning agents. There is a wide range of all-purpose cleaners.
- Avoid fabric softeners, stain removers, lingering scents from scented products can be a carcinogenic chemical which can cause liver damage; hydrochloric acid, whose vapors can cause coughing and breathing difficulties, and chemicals which are severe irritants like formaldehyde. Very often they contain chlorine, also known as bleach, and carcinogenic disrupting phthalates as well as sensitizing sub- stances. Detergents for doing the dishes by hand or in the dish- washer may contain more than 100 different chemicals.
- Open the windows! Let out the bad air. It is better than any artificial product.
- Avoid sprays. The droplets can be easily inhaled and irritate the lungs.
- Avoid bottled water. The water in the bottle is not purer than tap water.
- Avoid coffee, tea, sweetened drinks, or milk. All contain caffeine, a carcinogenic chemical which can cause liver and kidney damage, hydrochloric acid, whose vapors can cause coughing and breathing difficulties, and chemicals which are severe irritants, skin, and respiratory irritant, and can harm circulating hematopoeitic cells.
- Floor, carpet, furniture, clothes, floor, carpet and furniture cleaning agents may contain cancerogenic, hormone disrupting phthalates and preservatives and hormone disrupting phthalates as well as sensitizing fragrances.

Dishes

Dishes washing by hand in the dishwash- er may contain more than 100 different chemicals. Better results with significantly fewer water consumptions and time. Dishes washer detergents often contain environmentally harmful phosphates and sensitizing subst- ances. Detergents for doing the dishes by hand are in general less harmful for the skin.

Tips!
- Prevent deposits by cleaning with a brush.
- There is no need to use “disinfectant” or “antibacterial”.
- Toilet bowls and perfumed gels are unnecessary and contain chemicals which can cause contact allergies.
- Avoid sprays. The droplets can be easily inhaled and irritate the lungs.

Bath and toilet

Many toilet bowl cleaners are often highly hazardous so they can decrease the risk by choosing safe products.

Air Freshener

The air freshener is a small, central canister in the living room, a “scented” spray or an odor remover for cigarette smoke and cooking smells, insect repellents, or “disinfectant” spray. This product may contain chemicals that are carcinogenic and cause impacts and respiratory irritations.

Protect children and the environment – avoid hazardous chemicals!

What is the problem?

Cleaning your home may increase the levels of chemicals in the indoor air, many times higher than the outdoor air in polluted cities. Many cleaning chemicals contain carcinogenic substances and household care products are the same as those used in heavy duty, industrial cleaning agents. Many scientists are now becoming concerned that long term low level exposure to a cocktail of chemicals like these for children, than for adults. Further, their organs are underdeveloped and they’re smaller than adults. Proportionately the same exposure to even “low” levels of chemicals can be quite dangerous for a child, than for an adult. Further, their organs are underdeveloped and they can’t process and purge what they take in as adults can. Their immune systems are still developing and are also not fully developed. Another reason is their skin is more tender than ours. Finally, children are more active in the world with their hands on everything. They crawl and play on the floor and due to their height they are always closer to the floor. Their organs are underdeveloped and can’t process and purge what they take in as adults can... Further, chemicals contained in household cleaning and care products are the same as those used in heavy duty, industrial cleaning agents. Further, their organs are underdeveloped and they’re smaller than adults. Proportionately the same exposure to even “low” levels of chemicals can be quite dangerous for a child, than for an adult. Further, their organs are underdeveloped and they can’t process and purge what they take in as adults can. The lungs of children are very susceptible. Why are children particularly vulnerable?

Manufacturers are now also offering less toxic cleaning products.