

Breathe Easy While Cleaning

Hazardous chemicals can often be found in common cleaning products. By reading product labels you can avoid buying cleaners that may harm your health. For example, products containing chlorine bleach or ammonia are highly irritating to the lungs. Because companies are not required to list ingredients, you may not be able to tell if ingredients like these are in the product. **Protect yourself by looking for the signal words on product labels. Below is a chart to help you understand what the signal words mean.** There are less hazardous alternatives to many cleaning products available in most stores, or you can make your own. See the back of this card for recipes for healthy cleaning solutions that you can make at home.

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



For more recipes, such as furniture polish and drain cleaner, visit www.dep.state.ct.us/wst/p2/individual/house.htm
 Department of Environmental Protection, Pollution Prevention, 79 Elm St., Hartford, CT 06106-5127, (860) 424-3297