

Safer Solution Easy Guide

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to reducing hazardous chemicals in your home

YOU CAN MAKE A DIFFERENCE!

By committing to Safer Solutions today, you can reduce your family's exposure to hazardous chemicals and help to create a healthy future.

Find information below on how to achieve a healthy environment in your home. Download a free copy of the easy guide to carry in your purse .

CLEANING

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Antibacterials/antimicrobials: in some detergents, soaps, toilet cleaners & disinfectants.

Bleaches & ammonium compounds: in some stain & mould-removers, oven cleaners, disinfectants, sanitisers, toilet & bathroom cleaners, pool & spa products.

Detergents: many laundry & dishwashing products contain sodium lauryl/laureth sulphate (SLS/SLES).

Synthetic fragrance/parfum: added to most cleaning products, air fresheners, toilet deodorizers.

Volatile solvents: in most spot removers, degreasers, aerosols, shoe polishes, furniture waxes, dry cleaning fluids.

Pure soap and water to disinfect & clean

Bicarbonate of soda an all purpose cleaner & stain remover, deodoriser.

White vinegar cuts grease & cleans glass.

Eucalyptus oil* for spot cleaning & disinfection.

Beeswax polish for wood & furniture.

Micro-fibre cloths clean without chemicals.

Plant-based concentrated products

Sunshine whitens fabrics & kills bacteria.

Ventilate for air circulation & to reduce chemical build-up.

HOUSEHOLD

Antibacterials/antimicrobials: in some cling wraps, plastic chopping boards, sponges, clothing.

Bisphenol A: in some tin can linings, hard plastics, baby bottles, micro-wave ovenware.

Brominated flame retardants: used in some mattresses, pillows, carpets, cushions & most electronic goods.

Phthalates: in PVC, some toys, teething rings, dummies, meat wrappers, vinyl flooring & wallpaper.

Perfluorinated compounds: in water/stain repellent fabrics & some 'non-stick' cookware.

Toxic metals: cadmium, mercury, lead, arsenic in some hair dyes, batteries, fertilisers, PVC, paint, treated timber.

Silicone-based teething toys & teats, wooden or natural fabric toys

Glass bottles & storage jars, re-useable & compostable containers

Wood chopping boards

Stainless steel, glass or enamel cookware

Rechargeable mercury-free & lithium-ion or nickel-metal hydride batteries

Certified organic garden products

Water-based paint, natural & plant-based bio paints

PEST CONTROL

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Naphthalene: in mothballs.

Synthetic pesticides: organophosphates, carbamates & pyrethroids are active ingredients in many insect surface sprays, baits, dusts, pest strips, plug-ins, garden chemicals, head lice treatments, pet products.

Snail baits: may contain metaldehyde or methiocarb

Prevention is better than cure: regular cleaning, fix leaks, seal cracks & crevices, weather strips on doors, sticky traps, vacuuming

Fly screens, mosquito nets & protective clothing

Plant-based insect repellents* with lavender, lemon myrtle, tea tree, eucalyptus, citronella

Air tight storage for food and clothing, plenty of light & ventilation

Holistic headlice treatment see: www.headlice.org

PERSONAL CARE

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Antibacterials/antimicrobials: (eg triclosan) in some toothpaste, mouthwash, antiperspirants, soaps.

Formaldehyde: a preservative in nail-products, cosmetics, hair dye, shampoo, bubble bath, shower gel, mouthwash, make-up.

Synthetic fragrance/parfum: in some bath, hair & shaving products, cosmetics, soap, deodorants

Sodium lauryl/laureth sulphate: in many shampoos, body wash, douch products, mouthwash & toothpaste.

Phthalates: in some fragrances, lipsticks, cosmetics, nail polish, deodorants, hair spray.

Certified organic, plant-based products for the whole family - hair, body, cosmetics, make-up, face creams

Herbal toothpastes & mouthwashes* most free from artificial sweeteners, fluoride & SLS - remember to floss!

Home made hair stylers salt water in a hand pumped spray bottle for fine hair, beeswax for heavier hair

Epsom salts with pure essential oils* for soothing baths

Plant-based natural lubricants

*Some people are sensitive to concentrated essential oils