

Take Action

FURNITURE

- For curtains, carpets, or upholstery, choose untreated, naturally flame-resistant textiles like wool.
- Remove dust regularly with damp cloth.

HOUSE MAINTENANCE

- Avoid driveway sealants and roofing materials containing PAHs.
- Treat and discard broken compact fluorescent bulbs as toxic waste (not as regular garbage). CFLs are safe to use if handled and disposed of properly.
- Use heavy duty gloves (not latex) when using caulking or insulation materials.

COSMETICS & PERSONAL CARE PRODUCTS

- Consult labels to avoid phthalates, parabens, TPHP and triclosan.
- Undisclosed "parfum" or "fragrance" ingredients may include phthalates.

CLEANING PRODUCTS

- Try making your own cleaning products: environmentaldefence.ca/cleaning.
- Look for eco-certified products.

FOOD AND GROCERIES

- Ask for no receipt or email receipt when shopping. Choose reusable shopping bags.
- Do not heat food in plastic containers.
- Buy foods in glass or BPA-free containers.

COOKWARE

- Use ceramic, stainless steel or cast iron.
- Avoid scratching non-stick cookware or using on high heat.
- Avoid using plastic utensils for cooking. Use wooden utensils instead.

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This project has received funding support from the Government of Ontario. Such support does not indicate endorsement by the Government of Ontario of the contents of this contribution.

THE ENVIRONMENTAL DEFENCE

Toxic Ten Pocket Guide



Polycyclic Aromatic Hydrocarbons (PAHs)
Coal Tar Driveway Sealants and Roofing Materials, Cosmetics and Shampoos Containing Coal Tar

Highly carcinogenic, hormone disruptors. Pollute streams and lakes through rainwater runoff.

Biphenyls (PCBs)
Fluorescent Bulbs, Oil-Based Paint, Caulking

Hormone disruptors, carcinogens and neurotoxic. Most uses banned but can still be found in old electrical equipment and building materials.

Mercury
Compact Fluorescent Bulb, Batteries

Neurotoxic; affects child development. Risk of exposure when bulbs/batteries break. Proper disposal is important.

Lead
Makeup, Imported Plumbing Supplies, Old Paint, Solder

Reproductive toxicant, neurotoxic, environmental pollutant. No safe exposure level for children.

Triclosan
Toothpastes, Hand Sanitizers, Deodorants

Hormone disruptor, toxic to aquatic ecosystems. Often used as "antibacterial."

Perfluorinated Compounds (PFCs)
Non-Stick (Teflon) Cookware, Water- and Stain-Resistant Clothing and Furniture

Suspected hormone disruptors, some PFCs are carcinogenic, and persistent environmental pollutants (POPs).

Volatile Organic Compounds (VOCs)
Cleaning Products, Air Freshener Sprays

Air pollutants, contribute to smog, some VOCs increase cancer risk.

Phthalates & Parabens
Nail Polish, Parfum/Fragrance, Makeup, Personal Care Products; Phthalates Also Found In Vinyl Floors

Hormone disruptors, reproductive toxicants, allergens.

Flame Retardants
Couches, Office Chairs, Mattresses, Nail Polish

Hormone disruptors, PBDEs can impact fetal brain development.

Bisphenol A & similar Compounds BPA, BPS, BPF
Food Cans, Plastic Containers and Reusable Bottles, Cash Register Receipts

Suspected hormone disruptors (endocrine disruptors), BPA is linked to breast cancer.

CUT

FOLD

