

What Everyday Items in Your Home and Office Are Causing the Dramatic Increases in Allergies, Asthma and Cancer?

Take a look in your home or office cleaning cabinet. How many common cleaners do you see? How many chemicals does the janitorial company use daily? How many do you use in your home?

Did you know that these seemingly innocuous cleaners ooze invisible and odorless toxic gases? This is also known as “outgassing.” When they mix with other out-gassed chemicals, the effects can be exponentially more dangerous to you, your family and your staff.

We want you to know what you are inhaling everyday in your home and office. Below, we’ve listed common chemicals found in most cleaning products. We offer you unique clean and healthy alternatives that will help to improve your office and home indoor environments. Please contact CleanStart Janitorial Service, Inc today so that you and your staff can enjoy a healthier, more toxic-free environment in your office tomorrow.

Common Cleaners and Chemicals

A. Disinfectants and air fresheners

1. Isobutane may cause difficulties in breathing.
2. Formaldehyde is a potential cause of cancer.
3. Propane may be a cause for asthma-like symptoms as well as a lung irritant.
4. Long-term and over-exposure to these chemicals can cause cancer, tumors as well as damage to the liver and central nervous system.

5. Ethanol may depress the central nervous system.
6. Inhalation can cause irritation to the respiratory system and eyes.
7. Aerosol propellants are usually highly flammable and can be easily absorbed through the skin.
8. Accidental ingestion can cause stomach cramps, breathing difficulties, convulsions and even death.

B. General cleaners and degreasers

1. General Cleaners

- Ammonia can irritate lungs and the mucus membrane.
- Fumes can cause dizziness, general weakness and chronic lung problems.
- Long-term and over-exposure to these chemicals can cause cancer as well as damage the kidneys, liver and reproductive system.
- Statistically, the most prevalent form of poison ingested by small children.
- Growing evidence that ingredients linked to causing both asthma and asthma symptoms.

2. Oven Cleaners

- Direct contact with oven cleaners/degreasers may cause severe burns.
- Inhaling oven cleaners may cause permanent lung damage.
- Over-exposure to oven cleaners can damage internal organs and cause reproductive disorders.

C. Bathroom tub, tile and fixture cleaners

1. General tub and tile cleaners

- 2-butoxy ethanol can cause permanent eye damage, skin burns, choking and respiratory irritation.
- Long-term and over-exposure to these chemicals can cause cancer and damage the kidneys, liver and reproductive system.

2. Scouring powders

- Accidental ingestion can cause mouth and throat burns.
- Direct contact may cause moderate skin irritation and eye damage.
- Inhalation may lead to greater risk of cancer.

3. Grout and tile cleaners

- Can irritate eyes and skin.
- Inhalation can irritate nose, throat and lungs.
- Prolonged exposure correlated to bronchitis, chronic lung irritation, asthma and can lead to permanent central nervous system damage.
- Over-exposure can lead to heart attacks.

4. Toilet bowl cleaners

- Contact with eyes may cause blindness.
- Direct contact may irritate skin, mouth, and throat.
- Inhalation may lead to asthma and brain damage.
- Over-exposure can cause muscle spasms and reproductive disorders.

5. Mold and mildew removers

- Direct contact can burn skin and eyes.
- Fumes can irritate nose, eyes, throat and corrode the respiratory tract.

D. Bleaches

1. Liquid Bleach

- Direct contact can burn and blister skin.
- Contact with eyes can cause chemical burns and blinding.
- Ingestion can damage mouth, throat and stomach.
- Fumes can irritate then corrode nose, throat and lungs.
- May cause brain damage.
- Can worsen asthma and heart conditions.
- Over-exposure can damage reproductive system.
- Mixing bleach with other cleaners can create dangerous chemical reactions.

2. Powdered Bleach

- Direct contact can damage eyes and skin.
- Long-term exposure can cause lung irritation and asthma.

E. Floor and carpet cleaners

1. Floor Cleaners

- Direct contact may cause skin burns and blindness.
- Ingestion may burn mouth and throat.
- Fumes can cause asthma or symptoms.
- Over-exposure can lead to kidney and liver damage.
- Can lead to cancer and tumors.
- May cause central nervous system damage.

2. Carpet powders

- Direct contact can irritate skin and eyes.
- Prolonged exposure can lead to lung irritation and asthma.
- Can also cause headaches.

3. Carpet shampoos
 - Direct contact can damage skin and eyes.
 - Inhalation can irritate lungs and heart.
 - Exposure can lead to cancer, damage to the bones, kidneys and liver.
 - Can lead to reproductive problems.
 - Can depress the central nervous system.
4. Spot and stain removers
 - Can damage liver and kidneys.
 - Irritating to eyes, respiratory tract and skin.
 - Can cause dizziness, coma and even death.

F. Dishwashing

1. Hand dishwashing liquids
 - Fumes can cause breathing problems such as coughing and sneezing.
 - Direct contact may damage eyes and skin.
 - Repeated exposure can cause asthma and damage to the central nervous system.
2. Automatic dishwashing liquids and powders
 - If ingested, throat damage and burns.
 - Strong skin irritant.
 - Can cause headaches and faintness.
 - Fumes can damage eyes.
 - Over-exposure can cause coma and even death.

G. Laundry

1. Fabric softeners
 - Can cause cancer.
 - Direct contact may irritate skin, eyes, nose and throat.
 - Over-exposure can cause breathing problems, depression,

headaches, nausea and even death.

2. Liquid laundry detergent
 - Direct contact can irritate skin and eyes.
 - Repeated contact can lead to long-term skin and eye damage.
 - Over-exposure can cause breathing problems including coughing, troubled breathing and even death.
3. Powder laundry detergent
 - Direct contact can damage skin and eyes.
 - Over-exposure can cause dizziness and headaches.
 - Linked to depression.
 - Also can cause troubled breathing and even death.
4. Spot and stain removers
 - Can damage liver and kidneys.
 - Irritating to eyes, respiratory tract and skin.
 - Can cause dizziness, coma and even death.

H. Furniture Cleaning

1. Furniture polish
 - Direct contact can burn skin and eyes.
 - Can damage blood to reduce oxygen flow and delivery within the body.
 - Linked to cancer.
 - Can cause damage to heart, liver, kidneys and central nervous system.
2. Metal polish
 - Direct contact can burn skin and eyes.
 - Fume inhalation can cause dizziness, headaches and even unconsciousness.
 - Prolonged exposure can lead to asthma.
 - Can damage central nervous system.
 - Linked to cancer.

3. Stainless steel cleaners
 - Direct contact can burn skin.
 - Fume inhalation can cause dizziness, headaches and even unconsciousness.
 - Can damage the central nervous system.
 - Can damage blood cells.
 - Damage to heart, liver and kidneys.
 4. Upholstery stain cleaners
 - Direct contact can burn skin and eyes.
 - Prolonged exposure can damage respiratory system.
 - Accidental ingestion can lead to pain and bleeding.
 - Over-exposure can damage bone marrow, heart, liver and central nervous system.
- I. Other Cleaners
 1. Anti-Bacterial Products – Can increase bacteria’s ability to adapt and develop resistance, leading to new and more destructive strains.
 2. Drain openers/clog removers – Can burn skin, blind, damage lungs as well as trigger asthma and heart attacks. Also linked to depression.
 3. Window and glass cleaners – Direct contact can irritate skin, fumes can irritate eyes and lungs. Prolong exposure can damage kidneys, liver, bone marrow and the reproductive system.
- Can also lead to reproductive disorders.

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