



Please avoid use of
scented shampoo/
conditioners, body
wash, soaps,

deodorants, etc when coming to work at
our facilities. There are alternate
products available. Words to look for
include: *pure, scent-free, fragrance free,*
sensitive skin formula, hypo-allergenic,
all-sensitive. Although there is no legal
definition for these words, they may be
useful in identifying unscented products.



For more information
contact your local
Occupational Health Nurse

CNRHC: (709) 292-2641
JPMRHC: (709) 256-5709

CH-EWS 002



Central Health



**Scented products in the
workplace**

**Please help us to be
scent free !**

The percentage of our population which has sensitivities to scents is on the rise. Reducing scents in the workplace is challenging but necessary to ensure the health and safety of our employees and the people we serve.

Central Health aims to be scent-free. We require the use of non-scented products, by employees throughout our facilities. We are educating staff about the health risks involved with the use of scented products around those who have sensitivities. We have also placed signage in our facilities to reach both employees and the public.



Scents are defined as fragrances, aromas and perfumes that add a smell

- **Personal Care Products:** perfumes, aftershaves, colognes, shampoos and conditioners, soaps, body lotions and deodorants,
- **Household items:** air fresheners, deodorizers, candles, some laundry detergents, fabric softeners and cleaning products.

It is not only the scents in scented products that pose health hazards, but the chemicals used to produce the smell.

Toxic chemicals may be present that vaporize into the air, and attach to hair, clothing and other materials. While scents may cause only mild sensitivities in some individuals, others have anaphylactic reactions.



People who are most sensitive include those with lung diseases, allergies, suppressed immune systems, children (especially newborns) and the elderly.

Common symptoms of reactions include:

- Headaches, dizziness and fatigue.
- Shortness of breath, worsening allergy and asthma symptoms.
- Sinus congestion, cough, and sneezing.

Scents may lead to poor work performance and productivity, missed work and loss of income.

