

Controlling Scented Products

1. Please don't wear or bring scented products into a Fraser Health workplace (e.g. flowers). If you accidentally wear or bring scented products into a Fraser Health workplace, you may be asked to remove the scented product.
2. If you are uncertain if a product contains scents or is included in this policy, please contact a Fraser Health representative.
3. If you are being visited at home by a Fraser Health employee, minimize use of scented products while the employee is present or just before arrival.
4. Let a Fraser Health representative know if you have a scented products sensitivity.

**For the safety of others:
How you can help**

Please don't wear or bring scented products when visiting a Fraser Health workplace.

References

FHpulse, Scented Products:
http://fhpulse/workplace_health_safety/safety_and_prevention/Pages/ScentedProducts.aspx or refer to a Fraser Health representative to view

Health Canada, Consumer Product Safety. Cosmetic Advertising, Labeling and Ingredients:
<http://www.hc-sc.gc.ca/cps-spc/cosmet-person/cons/advertising-publicite-eng.php>

Canadian Centre for Occupational Health and Safety:
http://www.ccohs.ca/oshanswers/hsprograms/scent_free.html

The Lung Association, British Columbia, Pollution and Air Quality, Indoor Air Quality – Scents:
http://www.lung.ca/protect-protegez/pollution-pollution/interieur/scents-parfums_e.php

For more information, contact a Fraser Health representative.

For Clients

Scented Products:

How we can make our environment safer



Workplace Health

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Scented Products in the Workplace

What is meant by Scent-Free

When we talk about scents, we usually mean the smells or odours from cosmetics and personal care products and from other products such as air fresheners and cleaners.

Unfortunately, there is no exact definition for scent-free, fragrance-free or unscented. Manufacturers use "Fragrance Free" or "Unscented" inconsistently, but the terms can still be a rough guide when choosing products. Products labeled as unscented may actually contain ingredients that are used to mask or hide the smell of other ingredients. According to Health Canada, when labeling cosmetics, the following terms are used:

Fragrance Free or Unscented - This means that there have been no fragrances added to the cosmetic product, or that a masking agent has been added in order to hide the scents from the other ingredients in the cosmetic.

It is important to be aware of inconsistent terms are used by manufacturers, but the terms can still be a rough guideline when choosing products.

Can Scents Cause Health Problems?

When scented products have been blamed for adversely affecting a person's health, some or all of the following symptoms are reported:

- headaches
- dizziness, lightheadedness
- nausea
- fatigue
- weakness
- anxiety
- numbness
- upper respiratory symptoms
- shortness of breath
- difficulty with concentration
- skin irritation

Allergic and asthmatic patients, as well as those with other conditions, report that certain odours, even in the smallest amounts, can trigger an attack.

The severity of these symptoms can vary. Some people report mild irritation while others are incapacitated and/or must give up many 'normal' activities in order to avoid exposure (such as going to public places).

FH Scented Products Policy

Fraser Health has developed a Scented Products Policy to minimize the potentially significant health risks associated with exposures to scented products. To ensure the health and well being of persons in the workplace against chemical sensitivities, all employees, physicians, volunteers, clients and visitors are to refrain from using or wearing scented products in Fraser Health facilities.

Examples of Scented Products

Scented products include but are not limited to:

Personal products

- Hygiene - perfumes, colognes, aftershave and scented shaving lotions, scented lotions, deodorants, shampoos, conditioners, hair sprays and creams.
- Scented candles, potpourri, and scented ornaments.

Non Personal Products

- Scented household and industrial cleaning products, air fresheners, marker pens, some types of garbage bags or other products with a distinct scent or fragrance.
- Some types of flowers