

Who are we?

CHEM Trust works at European, International and UK levels to prevent man-made chemicals from causing long term damage to wildlife or humans, by ensuring that chemicals which cause such harm are substituted with safer alternatives.

What are the problems with chemicals?

Endocrine Disrupting Chemicals:

Endocrine Disrupting Chemicals (EDCs) are chemicals that can interfere with the body's sensitive hormone system. In humans, EDCs have been linked to reproductive issues, obesity and diabetes, heart disease and some cancers.

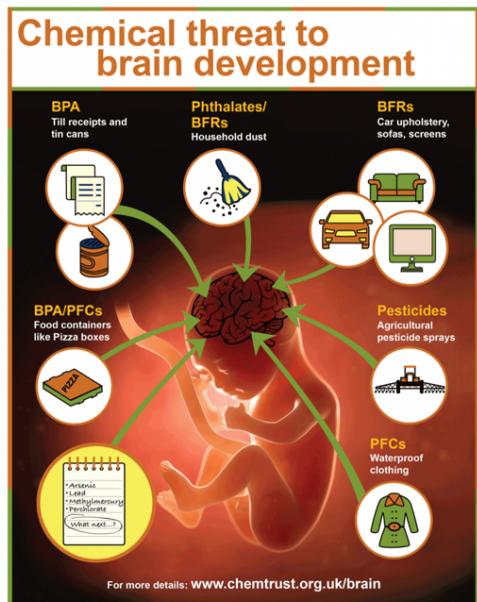
There is also evidence of negative effects on the development of the brain. These concerns are summarised in our report "No Brainer: The impact of chemicals on children's brain development: a cause for concern and a need for action".

Chemicals in plastics:

Over 4,000 chemicals have been identified as being possibly associated with plastic packaging. At least 148 of these are regarded as particularly hazardous.

Chemicals in food packaging:

Chemicals in food packaging are not sufficiently regulated. These chemicals may migrate from packaging to contaminate food and drink.





Reduce your exposure

CHEM Trust is campaigning for legislation to restrict hazardous chemicals, but passing such legislation is often a lengthy process. We therefore encourage people to take steps to limit their exposure to harmful man-made chemicals.

Below are some tips to limit your exposure. More information can be found on our website: chemtrust.org/takeaction-home

- **Look for products, such as cleaning products, cosmetics and nappies, with the EU Ecolabel.** Products with the Ecolabel are not allowed to use certain chemicals.
- **Reduce your use of packaged food.** Some food packaging contains harmful chemicals that can leach out and contaminate food and drink.
- **Don't microwave food in plastic containers.** Some plastic containers contain hormone-disrupting chemicals.
- **Eat more organic food.** Pesticides are widely used in agriculture, and residue may remain on food.
- **Limit your handling of till receipts.** Most thermal paper, such as that used for till receipts, contains bisphenol A (BPA), a hormone-disrupting chemical. Do not store receipts in your bag or purse, do not let children play with receipts, and ask shops for no receipt or a digital receipt.
- **Ask companies about the ingredients in products,** via emailing, phoning or on social media. Under EU REACH regulations a company must tell consumers if a product contains a substance of very high concern (SVHC).
- **Ask your MPs to push for stronger chemical regulations.** For more information see our website: chemtrust.org/takeaction-citizen

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