Chemical pollutants in the home

Within our homes and our daily lives we are exposed to hundreds of chemicals from multiple sources, such as flame retardants in soft furnishings, phthalates in plastic food packaging, or PFAS in cosmetics. Yet most chemical safety regulations completely ignore the fact that we are being simultaneously exposed to a cocktail of hundreds of substances from a diversity of sources.

1. PFAS chemicals in waterproof clothing
2. Siloxanes, parabens, and many others in shampoo, shaving foam, deodorants
3. Oxybenzone UV filter in sunscreens
4. Phthalates, parabens, many others in makeup
5. PFAS in nonstick cookware e.g. frying pans
6. Triclosan in antibacterial handwash
7. BPA in some plastic water bottles and food can linings
8. Pesticide residues in foods
9. PCBs, dioxins, PAHs found in disposal nappies
10. Phthalates, flame retardants and bisphenols in children’s toys
11. Flame retardants in virtually all electronics
12. Phthalates, and thousands of secret compounds, in fragrances found in air fresheners, cleaning products, cosmetics, soaps
13. Pharmaceuticals and other contaminants in drinking water
14. Tattoo inks can contain a mixture of thousands of harmful chemicals
15. Flame retardants in furniture and mattresses
16. Unknown and unwanted chemicals in recycled products
17. Bisphenols in till receipts
18. Phthalates and many other plastics additives in food packaging
19. PFAS in microwave popcorn bags, bakery bags and compostable food packaging
20. Phthalates, flame retardants and volatile organic compounds in vinyl flooring