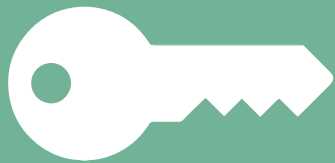


WOMEN 
for a Healthy
ENVIRONMENT

HEAVY METALS

IN HOUSEHOLD GOODS



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ENVIRONMENT

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HEAVY METALS

IN HOUSEHOLD GOODS





MANY OF THE ITEMS WE HAVE IN OUR HOMES AND THAT OUR CHILDREN PLAY WITH CONTAIN TOXIC HEAVY METALS.

THESE METALS ARE COMMONLY FOUND IN KEYS, TOYS, JEWELRY, COSMETICS, PAINT, CERAMIC DISHWARE, SOIL, AND MANY MORE.

VINTAGE OR, "PASSED DOWN," ITEMS HAVE THE GREATEST RISK FOR CONTAINING SOME OF THESE HARMFUL HEAVY METALS.

COMMON METALS

Lead

Red lipstick
Drinking water
Old toys and paint
Soil and dust

- Slowed growth and development.
- Learning and behavior problems (reduced IQ, ADHD, juvenile delinquency, and criminal behavior).
- Increased risk for: kidney disease, heart disease, anemia, osteoporosis, miscarriage, stillbirths, and infertility in men and women.

Mercury

Fish and shellfish
Furniture
Antique jewelry
Beauty products like lightening creams

- Lung damage
- Memory and nervous system problems
- Skin rash
- Developmental abnormalities

Arsenic

Seafood
CCA-treated wood products: deck, yard, or porch furniture
Wooden playgrounds

- Nausea, vomiting, diarrhea.
- Increased risk for diabetes, high blood pressure, cancer.
- Impaired cognitive development.
- *Arsenic found in seafood is not known to be toxic in humans.*

Cadmium

Children's jewelry
Cheap jewelry
Cigarette smoke

- Carcinogenic (cancer-causing): lung and prostate cancer
- Nausea, vomiting, diarrhea
- Kidney disease
- Eye and skin irritation

WHAT TO DO IF ITEM CONTAINS HEAVY METAL?

- Dispose of items by placing them in a sealed bag and putting it in your trash.
- Wash hands after playing outdoors and on wooden playgrounds and wash fresh produce before consumption to minimize the risk of ingestion.
- Do not donate items with high concentrations of heavy metals.