

# EWG'S TIPS TO AVOID FLAME RETARDANTS



**For decades, foam furniture, baby products and electronics have been loaded with needless flame retardants that migrate out of products and into our bodies.** These chemicals have been linked to cancer and hormone disruption, as well as deficits in motor skills, attention and IQ in children. Though the most toxic ones have been phased out in the United States, they were replaced with poorly studied alternatives that also could harm health.

In 2017, the Consumer Products Safety Commission initiated a ban on the most toxic additives in foam products and electronics, and warned the public, particularly parents, to avoid buying new foam or electronic products that contain bromine- or chlorine-based flame retardants.

## EWG TIPS:



### 1. MAKE SURE THE NEW PRODUCTS YOU BUY CONTAIN NO ADDED FLAME RETARDANTS

If you're in the market for a new couch or padded chair, look for labels and choose those that say they **"contain NO added flame retardant chemicals."** If there's no label, contact the manufacturer to find out if the furniture contains these chemicals.

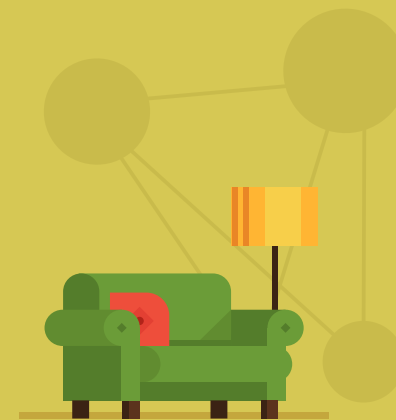
Flame retardants may still be added to foam-containing baby products, including nursing pillows, changing table pads, crib mattresses and nap mats, **so check flammability labels for these products.**

Gymnastics studios may use landing mats or other equipment that contains flame retardants.

It is difficult to buy a flame retardant-free car seat and **impossible to avoid these chemicals in automobile seating.**

### 2. REMOVE DUST

**Keep your house floors and surfaces as clean as possible.** Vacuums equipped with HEPA filters can more efficiently trap small particles and dust, and will also help to remove other contaminants and allergens from your home. **Wash kids' toys, and their hands frequently** to minimize ingesting chemicals like flame retardants.



### 3. BE CAREFUL WHEN HANDLING FOAM PRODUCTS

Assume that most foam products in your home contain harmful flame retardants. Make sure that cushion covers are intact, **replace foam infant products, such as nursing pillows and sleep positioners,** when the covers are ripped or the foam is breaking down.

If you're reupholstering couches or chairs, you can ask your upholstery shop to replace your old foam with flame retardant-free foam.

**The padding under your carpet is often made of scrap foam** that can contain flame retardants. When it comes time to replace old padding, isolate the work area from the rest of your home, use a mask if you do the work yourself, and clean up thoroughly after to limit your exposure.

FOR MORE INFORMATION REGARDING FLAME RETARDANTS, GO TO [EWG.ORG/FLAME-RETARDANTS](http://EWG.ORG/FLAME-RETARDANTS)