

Thunder Bay District Health Unit

Presentation Outline

Personal Care Products and Your Health

There has been increased media attention regarding the health risks associated with certain types of ingredients found in personal care products

This hands-on activity allows participants an opportunity to discuss and understand common ingredients found in personal care products as well as associated health risks particularly for children and pregnant women.

While Canadian regulations have improved with new labeling requirements and an expanded cosmetic ingredient hot list precautionary measures are advisable particularly around products used by pregnant women and children.

This activity will encourage the participants to:

- Understand the health and environmental hazards associated with common ingredients found in personal care products.
- Learn how to decrease your health risks with regards to personal care products
- Increase awareness of the Canadian Cosmetic Labelling Regulations and Health Canada's Cosmetic Ingredient Hot List.
- Provide an opportunity to discuss alternative products
- Provide an opportunity to prepare home made personal care products

Presentation Length: Usually 1 hour but can be tailored to your organization needs

Cost: Free of charge

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