

Welcome to a greener, poison-free home!



In 2005, Ontario Poison Centre managed a total of 90,209 calls. 43% of all poisoning cases reported to the Poison Centre involved children less than 6 years of age and 95% of incidents (~86 000 calls) occurred in the home. A lot of over-the-counter cleaning products are harsh, abrasive and even potentially dangerous to your home and family. **Here are a compilation of easy-to-make, cheaper, safer and effective home-made cleaning products.**

PREVENT POISONS IN THE HOME

- Replace cleaners, cosmetics, and personal products with safer options and keep out of reach of children and pets (make sure they are not accessible by them climbing furniture)
- Keep safe plants in the home and garden
- Choose non-toxic flooring, especially in children's rooms
- Keep medications and ointments out of reach and safely discard them when expired
- Keep purses, bags, groceries out of reach from children as they may contain poisons or medications
- Utilize safe cooking & BBQing practices (meats, fish, poultry)
- Install and inspect carbon monoxide detectors
- Educate children about poisons, their effects and harmfulness "they are not candies"
- **If poisoned, call Poison Centre: 1.800.268.9017**

CLEANING SOLUTIONS

A blackboard eraser is great for window streaks, a washable microfiber mop for the floor, and old newspapers & t-shirts super for cleaning! The sun is a super deodorizer and sun-dried clothes smell great!

Wood Dusting Spray: Combine 1 tsp olive oil and 1/2 cup of vinegar. Store in a squirt bottle or keep in a jar. **For unfinished wooden furniture:** Combine 1 tbsp lemon oil and 4 cups mineral oil and store in squirt bottle

Glass/Hard Surface Cleaner: Combine 1/2 cup white vinegar with a gallon of water and store in squirt bottle. Use straight vinegar on stubborn marks.

All-Purpose Cleanser: Combine 1/2 cup of pure soap, one gallon of hot water and 1/4 cup of lemon juice.

Fabric Softener: Add 1/4 cup white vinegar to your the final rinse cycle.

Sink Scrub: Combine equal amounts of salt and baking soda for the scrub.

Bathroom Tub and Tile Cleaner: Soak a firm bristle brush in a good all-purpose cleaner (above). Then add baking soda for extra cleaning power. Clean grout by combining one part water and three parts baking soda.

Toilet Bowl Cleaners: Mix borax and lemon juice to a paste. Wet the sides of the bowl, rub on the paste, and let it stand for about two hours before scrubbing it off. Or simply drop a denture cleaning tablet in the bowl.

Drain Cleaner – Non-Caustic: Combine 1 cup baking soda, 1 cup salt, 1/2 cup white vinegar, pour and leave for 15 minutes. Pour in boiling water.

Dish Detergent: Place 2 cups soap flakes in a pot, add 16 cups water and stir. Heat over medium heat until the mixture boils, stirring occasionally. Remove from heat and let cool. (Not for use in automatic dishwashers.)

YOUR ESSENTIAL INGREDIENTS

White Vinegar (Don't use Malt!)

The queen of getting it clean, white vinegar, is mildly acidic and disinfecting. It's great for removing calcium deposits, such as those in your humidifier. It's also a potent grease and stain remover. You can use it to clean hard surfaces such as countertops and glass.

Pure Soap

Pure soaps, such as Castile, don't contain any synthetic colours, scents or additives and are usually available in health product stores. Pure soap is great for basic light cleaning and can be combined with a few drops of an essential oil as an added air-freshener.

Lemon Juice

Lemon juice is a great grease-cutter. When washing your dishes, add it to your water along with a pure soap. Lemon juice is also great for cutting through grease on porcelain and aluminum.

Salt

Salt is a great basic scrub that will give you extra cleaning power. Great for smaller jobs like removing tea stains from the inside of cups or cleaning out the coffee pot. Just fill pot with ice-cubes, pour in some salt and swirl.

Baking Soda

Baking soda is another effective scrub and a gentler alternative to salt. You can also place an open box in your fridge and freezer to help eliminate odors.

Essential Oils & Spices & Beeswax candles

Add oils to your laundry, dab on a clean cloth + throw in the dryer. Boil spices (cloves, cinnamon, cardamon, mint or sage) in water to deodorize the room. Use pure candles.

first aid scenario #5

Remember your skills?

1. What are 5 first aid wives-tales that thankfully are no longer taught and shouldn't be used?
2. What does the acronym 'RICE' stand for and what injuries can you use it for?

Answers next bulletin

Answers to last 2HEALTH Bulletin's scenario #4:

5 tips for a proper child car seat installation: 45° angle for rear-facing, 1" allowance for car seat tightness, 1-finger tightness for straps on baby, don't use bunting bags & after-market products, chest clip at armpit level, flat car seat straps on baby, use correct path of seat belt, use locking clip (if needed), keep handle down behind seat

Pregnant woman conscious & choking: Seek permission, stand behind woman, wrap arms under armpit and position clenched fists between breasts (fists on mid-point on breast bone), thrust chest hard & fast. Lean into the woman and have a wide stance. If thrusts are impossible, ask woman to lie on her back and perform CPR compressions. Remember to elevate the woman's right hip for better blood flow.

More info on toxic-free living...

Environment Canada: www.ec.gc.ca
Less Toxic Products: <http://lesstoxicguide.ca>
Old-fashioned Cleaning: www.pioneerthinking.com

2HEALTH SAFETY MANTRA...more emergency prevention = less first aid treatment

The 2HEALTH First Aid + Wellness Bulletins help refresh your First Aid skills, update your know-how and keep you Safety savvy.

The information contained is for educational purposes and is not recommended to be used for diagnosis, treatment, or cure. Please consult a medical professional.

NEXT BULLETIN: Play + Water injuries (dealing with seizures, drowning, falls and concussions)

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