

OPSEU Local 560
Your Seneca College
Faculty Union

Nov. 22, 2013

Contact your union at:

union@opseu560.org
or
416-495-1599

opseu560.org



Reactions to Scent*

While some people are only mildly affected by scents, others have severe reactions.

Some common symptoms include:

- headaches
- feeling dizzy
- feeling tired or weak
- shortness of breath
- loss of appetite
- nausea
- loss of concentration
- cold-like symptoms
- depression
- worsening asthma symptoms

*From Canadian Lung Association
(<http://bit.ly/6IHVSA>)

THE LOCAL

EXPRESS

Scent-Free Workplace

Increasingly, we have faculty and students who have severe allergic reactions to scents in the classroom, offices and hallways. Scents include fragrances, aromas or perfumes – anything that adds a smell to something else.

Scents are usually found in personal care products such as perfumes, aftershaves, colognes, shampoos and conditioners, soaps, body lotions and deodorants.

In the workplace, scents are found in cleaning products, adhesives, caulking, and soaps. Additionally, chemicals that show up in the work environment, such as in paints and varnishes, can affect people with scent sensitivities.

Scents are also found in household items such as air fresheners, deodorizers, candles, some laundry detergents, fabric softeners and cleaning products.

Even products labeled "unscented" or "fragrance-free" may actually contain fragrances used to mask the smell of certain ingredients. According to Health Canada's labeling regulations, "fragrance free" or "unscented" means that there have been no fragrances added to the product, or that a masking agent has been added in order to hide the scents that exist in the product.

OPSEU has long had a scent-free policy for its offices and meetings. As we move toward a similar scent-free policy for Seneca, please be mindful of the scents you may be wearing at work, and eliminate scents as much as possible from our shared environment. We all want to breathe easier.