



Scent Free Policy

In recognition of potential health risks, CMHA-Central Alberta has developed a scent free policy. Staff and visitors are asked to refrain from using or wearing scented products when entering this workplace. A list of commonly scented products covered under this policy is available upon request. Thank you for your consideration.

The Canadian Centre for Occupational Health and Safety has provided the following information on the Scent Free Policy for the Workplace page on their website

at: https://www.ccohs.ca/oshanswers/hsprograms/scent_free.html

Scents are included in a very large range of products including:

shampoo and conditioners	soaps
hairsprays	cosmetics
deodorants	air fresheners and deodorizers
colognes and aftershaves	oils
fragrances and perfumes	candles
lotions and creams	diapers
potpourri	some types of garbage bags
industrial and household chemicals	laundry fragrance enhancers and dryer sheets

It is important to remember some products which claim to be 'scent free' may have only masked the scent by use of an additional chemical. Be sure to research the product carefully if using scented products around those who are sensitive.

When scented products have been blamed for adversely affecting a person's health, some or all of the following symptoms are reported:

headaches	confusion
dizziness, light-headedness	loss of appetite
nausea	depression
fatigue	anxiety
weakness	numbness
insomnia	upper respiratory symptoms
malaise	shortness of breath
skin irritation	difficulty with concentration

Allergic and asthmatic patients, as well as those with other conditions, report that certain odours, even in the smallest amounts, can trigger an attack.

The severity of these symptoms can vary. Some people report mild irritation while others are incapacitated and/or must give up many 'normal' activities in order to avoid exposure (such as going to public places).