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Dry cleaning could cause you potential long-term health risks!

Ironically, dry cleaning isn't a cleaning service that keeps your clothes dry. In reality, it just means that these companies clean your clothes in a liquid other than water. The standard chemical used in dry cleaning is called [perchloroethylene](#) or PERC for short (tetrachlorethylene), a chemical deemed toxic under the Canadian Environmental Protection Act (1997) and by the US Environmental Protection Agency. It has also been proven to stay in your wool, cotton and polyester clothes, the concentration intensifying with subsequent dry cleans.

Perc is extremely toxic and gives off dangerous vapours that are dangerous to [breathe](#). It has been proven (even in the short-term) to lead to dizziness, eye irritation and respiration [problems](#). It has been linked to long-term health concerns such as increased risks of cancer, liver disease and potential reproductive issues.

Perchloroethylene is a hazardous chemical that is known to cause environmental damages. When improperly disposed, it has been discovered to contaminate water, soil, and the air that we breathe. Instead of damaging our environment with these dangerous chemicals, consider switching to a healthier and more environmentally friendly alternative like wet cleaning or liquid carbon dioxide!

Using liquid carbon dioxide as a 'green' dry cleaning technology is the safest way to dry-clean because it is a naturally occurring gas and has recyclable cleaning agents. Another safe technology is wet cleaning, a new alternative to dry cleaning that uses biodegradable detergents and water. Switching to these alternative cleaning methods will reduce the risks to your health and others' and the environment in which you live.



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Not all alternatives to dry cleaning are ideal though. Organic cleaning is marketed as 'organic' because the product they use is extracted from the earth. Although technically 'organic', these dry cleaners use petroleum hydrocarbon! Yes, you heard that right. Petroleum! Classified as a hazardous air pollutant, petroleum and other fossil fuels have also been linked with increased pollution rates that are a leading cause of climate change. Once again, I point you in the direction of wet cleaning or liquid carbon dioxide as resources to help reduce the health and environmental risks for everyone.

If you decide that you still must use dry-cleaning services, try asking for a less harmful product to be used on your clothes. 'Off gassing' or ventilating your dry-cleaned clothes (perhaps in your garage) for a given period, will help to release some of these harmful chemicals.

To avoid these dry-cleaning chemicals, consider buying clothes that do not need dry-cleaning.

Making healthier choices are good for you, those around you, and the environment!

For alternative dry-cleaning resources in Quebec, please visit the following links for more information:



- 1) <http://www.nettoyeurecologiqueroyal.com/en/>
- 2) <http://www.nettoyeurhum.com/>

If you wish to learn more about the detriments of dry cleaning to your health and the environment, use the links below:

- 1) https://www.epa.gov/sites/production/files/2017-06/documents/drycleaners_oo_sheet.pdf
- 2) <https://www.ewg.org/enviroblog/2011/09/dry-cleaning-chemicals-hang-around-your-clothes#:~:text=Dry%20cleaners%20use%20dangerous%20chemical,prestigious%20inter%20agency%20scientific%20body.>
- 3) <https://environmentaldefence.ca/wetcleaning/>
- 4) <https://theconversation.com/what-is-green-dry-cleaning-a-toxics-expert-explains-99830>
- 5) <http://www.ecocleaners.ca/truth-about-dry-cleaning/>