

# SAFETY TALK: ALLERGENS & SENSITIVITIES



Saskatchewan  
Association for  
Safe Workplaces  
in Health

## DEFINITIONS:

**Fragrance Free:** a product does not contain any added fragrance ingredients, including masking agents, to alter the natural scent.

**Unscented:** a product may contain chemicals to mask or neutralize the scent of the ingredients. It may not have a noticeable scent but could still contain the fragrant ingredients.

The Saskatchewan Employment Act states that employers are responsible for ensuring the health, safety, and welfare for all workers; this includes possible exposure to scents for those who have sensitivities or allergies.

To control or minimize the adverse reactions to individuals with sensitivities, employers may establish a scent-free policy in which the use of scented personal products by staff, physicians, clients, residents, visitors, contractors, and volunteers may be prohibited.

Individuals should avoid using or bringing heavily scented items into a scent-free establishment, such as;

### Products That May Contain Scents:

- flowers
- lotions & creams
- air fresheners & deodorizers
- shampoo & conditioners
- industrial & household chemicals
- some diapers & feminine hygiene products
- hairsprays
- soaps
- some garbage bags
- deodorants
- cosmetics
- colognes & perfumes
- essential oils & candles
- aftershaves

Individuals with sensitivities or allergies to scents may experience some or all of these symptoms;

### Associated Health Problems:

- headaches
- insomnia
- numbness
- dizziness or lightheadedness
- malaise
- upper respiratory symptoms
- nausea
- confusion
- shortness of breath
- fatigue
- loss of appetite
- difficulty concentrating
- weakness
- depression
- skin irritation
- anxiety

## Notifications

Healthcare workers may respectfully communicate and facilities may display appropriate information and signage to notify clients, residents, and visitors about the scent-free policy and to refrain from wearing scented products and bringing scented products into the workplace.