

## ARE DISHWASHING DETERGENTS HARMFUL?

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**Annotation:** The relevance of the topic is that household chemicals literally flooded our homes. You and I use them in large quantities, not realizing the harm we are doing to ourselves and others. Scientists say that no matter how we wash our dishes and hands, we still “drink” exactly at least half a liter of detergent per year. Meanwhile, the knowledge of our ancestors about safe cleaning is becoming a thing of the past.

**Keywords:** health, dishes, detergents, gel, chemicals, damage.

### INTRODUCTION

*Our survey showed that we rarely think about the dangers of chemicals, we just go and buy. Having bought, we use them completely thoughtlessly.*

*Purpose of the work: to find out what alternative means exist for cleaning our apartments and washing dishes, to test these means.*

*This is where the tasks come in:*

- 1. Study the relevant literature on the topic.*
- 2. Find out what is the harm in using household chemicals.*
- 3. Find alternative ways to clean and wash dishes.*
- 4. Test them out.*
- 5. Recommend proven products for use.*

*Object of study:*

*modern means of cleaning the apartment and washing dishes.*

*Subject of study:*

*alternative ways of cleaning the apartment and washing dishes.*

### MATERIALS AND METHODS

*Let's remember how we clean the house: we wash glass with one tool, dishes with another, we wipe furniture with the third, and so on. In one of the videos I watched, they talked about such cleaning. After cleaning, the level of air pollution was assessed with an apartment dosimeter. In an apartment where cleaning was carried out with one chemical agent, the indicator was above the permissible norm, but after airing the apartment for an hour, the level of permissible norms was restored.*

*In an apartment where cleaning was carried out with different chemicals at the same time, the dosimeter showed that air pollution was several times higher than the norm. It was very dangerous to be in this apartment.*

*Our survey showed that 86% of respondents clean with at least two chemicals.*

*We all have something to think about. How do you clean your apartment?*

*Let's talk about the composition of household chemicals. You all use chemicals, but you can't name their composition. As it turned out, only 5% of respondents are interested in the composition of household chemicals. At the same time, 76% of respondents are sure that household chemicals are harmful to health, but they are still bought and used. 24% of respondents try not to think about this issue at all.*

## **RESULTS AND DISCUSSION**

Our advice: before you buy a detergent, read carefully its composition. Consider if it's worth buying. But keep in mind that half of the manufacturers do not prescribe the composition at all.

Remember if the composition includes:

- *anionic surfactants* (surfactants), they cause impaired immunity, allergies, damage to the brain, liver, kidneys, lungs. These substances enter the body even after ten rinses in hot water. Experts recommend using products in which the surfactant does not exceed 5%. As a result of observation, I noticed that some manufacturers try not to write the percentage of harmful substances on the labels, while other chemicals show that the content of surfactants is more than 5%.

- *Petroleum distillates*. They are found in metal polishes and can affect both vision and the nervous system.

- *Phenols and cresols*. These germicides are very caustic and can cause diarrhoea, dizziness, unconsciousness, and impaired kidney and liver function.

- *Formaldehyde*. A highly potent carcinogen that causes severe irritation to the eyes, throat, skin, respiratory tract and lungs.

- *Chlorine*. Chlorine is the cause of diseases of the cardiovascular system, contributes to the occurrence of atherosclerosis, anemia, hypertension, and allergic reactions. It destroys proteins, negatively affects the skin and hair.

- *Ammonium* is the main ingredient in mirror, window, tile, bath and toilet cleaners. When mixed with bleach, toxic chlorine gas is released.

Just imagine how many detergents we pour into nature. Some of these substances end up in our food.

## CONCLUSION

When buying a cleaning and dishwashing detergent, carefully look at its composition. To improve the health of your home, start by changing your cleaning products. Bright advertising is silent about their harm.

Ventilate your home as often as possible, preventing chemical vapors from the household chemicals you use from stagnating in the air.

It is better if you use affordable and simple means to clean the apartment.

These tools, tested by us, I recommend to you.

For cleaning, you can use the following affordable and simple means.

*Soda and mustard*. Soda has an abrasive property, and mustard repels grease. They replace means for washing dishes, stoves, plumbing ... Lemon. This is an excellent disinfectant that removes grease and dirt, soap stains on tiles. In addition, it resists mold and is a natural flavoring agent.

*Vinegar*. Vinegar is a versatile remedy. Gets rid of water stone and stale plaque. To kill the unpleasant smell of vinegar, you need to add a drop of lavender essential oil to it. Vinegar solution replaces products for cleaning mirrors and windows, plumbing, tiles and floors. To do this, take 1 tsp. vinegar, dilute in 1 liter of water. Pour into a spray bottle and wash windows and mirrors. With strong deposits on the sink, put a cloth soaked in hot

vinegar on the contaminated place and after half an hour remove the plaque with a brush and ordinary soap.

*Salt.* The cheapest cleaning product. Replaces kitchen, bathroom, plumbing cleaners, stain removers. Cleans and disinfects kitchen sponges and washcloths. To get rid of an unpleasant odor in the refrigerator, apply salt diluted in sparkling water to the door and internal parts. A woolen bedside rug can be easily cleaned by sprinkling it with salt, spraying it with water and vacuuming it after half an hour.

Once again we warn you that these dangerous substances can cause various diseases. Household chemicals, of course, help us. If you find it difficult to refuse it, try to at least reduce their variety. Gradually replace one chemical detergent after another. A clean home should bring health to both adults and children.

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