



**Figure 2 — Downdraft Hood**

## How Can I Be Exposed to Methylene Chloride while Stripping Furniture?

Methylene chloride can be inhaled when vapors are in the air. Inhalation of the methylene chloride vapors is generally the most important source of exposure. Methylene chloride evaporates quicker than most chemicals. The odor threshold of methylene chloride is 300 ppm.<sup>6</sup> Therefore, once you smell methylene chloride, you are being over-exposed. Pouring, moving, or stirring the chemical will increase the rate of evaporation.

Methylene chloride can be absorbed through the skin either by directly touching the chemical or through your gloves. Methylene chloride can be swallowed if it gets on your hands, clothes, or beard, or if food or drinks become contaminated.

## How Can Breathing Exposures be Reduced?

### Install a Local Exhaust Ventilation System

Local exhaust ventilation can be used to control exposures. Local exhaust ventilation systems

considered a potential occupational carcinogen. There is also considerable indirect evidence to suggest that workers exposed to methylene chloride may be at increased risk of developing ischemic heart disease. Therefore, it is prudent to minimize exposures to solvent vapors.<sup>3</sup>

## What Do Federal Agencies Say About Methylene Chloride?

In 1991, the Occupational Safety and Health Administration published a Notice of Proposed Rulemaking for methylene chloride. The proposed standard would establish an eight-hour time-weighted average exposure limit of 25 parts per million (ppm), as well

as a short-term exposure limit of 125 ppm determined from a 15 minute sampling period. That is a sharp reduction from the current limit of 500 ppm. The proposed standard would also set a 12.5 ppm action level (a level that would trigger periodic exposure monitoring and medical surveillance provisions.<sup>4</sup>

The National Institute for Occupational Safety and Health recommends that methylene chloride be regarded as a "potential occupational carcinogen." NIOSH further recommends that occupational exposure to methylene chloride be controlled to the lowest feasible limit. This recommendation was based on the observation of cancers and tumors in both rats and mice exposed to methylene chloride in air.<sup>5</sup>

