

Breast Cancer Prevention Partners (BCPP) is the leading science-based policy and advocacy organization working to prevent breast cancer by eliminating our exposure to toxic chemicals and radiation.

We have achieved much in our first 25 years. We've passed critical state and federal legislation, issued 31 major scientific reports, and influenced multi-national corporations, such as Unilever, Procter & Gamble and Johnson & Johnson to adopt safer chemical policies.

Join us in creating a healthier world by protecting our families, our communities and future generations from toxic harm. Visit: [bcpp.org](http://bcpp.org) to learn more.

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Exposing The Cause Is The Cure

# Safer Workplace Health

## Tips To Reduce Your Breast Cancer Risk

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Should you be concerned about increased risks for breast cancer in the workplace?

Absolutely. Jobs across all sectors expose people to hazardous chemicals and radiation at work that vary by profession. Take steps to protect yourself and reduce your risk for breast cancer.

### 1. Demand transparency

Different occupations could lead to very different exposures, but everyone from hairdressers to office workers to firefighters to medical professionals will encounter varying exposures of concern at their workplace. If information about your work- place exposures is not readily available, ask for it. You have a right to know.

### 2. Wear personal protective equipment

Wear personal protective equipment (PPE) as recommended, and make sure it fits well. This is especially true for women in professions that have been traditionally held by men, since the equipment may not be sized appropriately. Demand protective equipment that fits.

### 3. Learn about workplace health hazards

ChemHat is a website and phone app that was designed, with workers' input, to create a user-friendly research tool on the health effects of different chemicals. Download this super useful app to your phone or visit them online.

### 4. Wash your hands

Washing your hands with warm water and soap kills germs and reduces exposures to unsafe chemicals. Avoid antimicrobial soaps because they often contain hormone-disrupting chemicals.