



How Do I Get This Paint Off Of My Hands?

By: Jim Dollard, Safety Coordinator for IBEW Local 98

This is a typical scenario that repeats itself year after year in every neighborhood across the country when spring/summer arrives and we catch up on all of the work around the house.

The front door of the house, some decorative trim or outdoor furniture is being refinished with oil based paint. While you should have been using latex gloves and a long sleeve shirt to keep the paint off of you, it was more important to keep the paint off of the floor and carpet. Now the paint has dried on your arm and hands, how do you get it off? Most homeowners will resort to paint thinner or turpentine. It is used to clean the brushes and does an excellent job of taking paint off of your hands. What you may not realize is that in using paint thinner or turpentine to remove that paint you are rubbing a known cancer causing substance into your skin. These products contain benzene and other known carcinogens.

READ THE LABEL!

All of these products have warning labels that very clearly inform the user to not allow the product to come in contact with their skin. Yet time and time again, homeowners all across the United States will rub these products into their skin to remove paint, tar or asphalt.

To remove oil based paint, tar or asphalt from your skin use vegetable oil or any other oil such as canola or olive oil. These oils will remove the paint, tar or asphalt as quickly and easily as thinner or turpentine without exposure to harmful chemicals and without drying out your skin.

Always read the warning label on every household cleaner, chemical, weed killer and other products. Keep all of these items well out of the reach/access of children. Be sure that all members of your family read and understand the warning label!

Paint that door, repair the driveway but most importantly do it safely!

Safety First



Always wear gloves



Read the hazard label(s)



Do not use thinner or turpentine on your skin