

Have you ever stopped to think?

For support and advice
Freephone HSE Quitline
1800 201 203

TEXT Quit to **50100**

Find out more
www.quit.ie



What's Really Inside?

FLOOR CLEANER
(ammonia)

ANT POISON
(arsenic)

NAIL POLISH REMOVER
(acetone)

WEED KILLER
(nicotine)

EXPLOSIVES
(toluene)

AVIATION FUEL
(methanol)