

Dr Keir Howard states: "It is worth remembering that many organic solvents are related to anaesthetic gases and have the same effects. Solvents form the base of many paints, laquers, varnishes, thinners, waxes, printing inks and adhesives and are used for degreasing and cleaning purposes as well as forming the base of many therapeutic and pesticide mixtures... It is always worth being reminded that the commonest organic solvent to which people are exposed is ethyl alcohol in the form of beer, wines and spirits... the effects are essentially identical to over-exposure to the various organic solvents used in the industry... consumption of alcoholic drinks frequently enhances the effects of solvent exposure... tolerance for alcohol is reduced... a worker heavily exposed during a shift may be just as dangerous on the road as someone whose blood alcohol is over the limit." Main effects are drying, cracking, reddening skin; dermatitis; toxic effects on liver, kidneys, and cardiovascular system, on the central and peripheral nervous systems and "general lassitude with tiredness, sleep disturbances and lack of motivation." [4]