

# Artist Health and Safety

Everyone loves artwork and admires the artists that procure the works yet art health and safety is perhaps an underlying occupational health issue that often goes undetected when an artist grabs their easel and begins to construct their emotions on canvas or paper. Since many artists confine themselves in rooms for long hours while using paints, resins, thinners and other highly toxic materials, the threat of inhaling toxic fumes for hours becomes hazardous to the point of shortening careers if gone unnoticed for too long. Artistic talent is truly something to be proud of yet in order to perform these tasks in a safe manner, artist health and safety needs to have a strong focus put on it before injury occurs.

Your acrylic-based paints, often used by these artists since they cover a large area quickly, contain ammonias which are known to be hazardous to eyes, nose and general breathing; unventilated exposure to paint ammonia for too long will cause a dizzy and nauseous effect that could turn fatal if not immediately treated. Most paint brushes are also cleaned with paint thinners that contain acetone, which can have prolonged damaging effects to the skin and breathing if used without proper ventilation. Even your simplistic water color paints could contain formaldehyde, which is a preservative, and has damaging effects when ingested through breaths or prolonged skin contact. Artist health and safety should be a top concern and, before one takes to the canvas for the day, all artists should understand the occupational health risks that are involved with exposure to each type of chemical they plan to interact with.

Ventilation is an excellent idea for artists to promote occupational health; unfortunately, sometimes these precautions are simply not enough. Taking frequent breaks in between studio sessions to get some fresh air does help yet if you're going right back to the same environment you are fighting a losing battle in that regard. Even switching the types of paints, you use can seem like an obvious answer to your toxic dilemma but that simply takes you away from one problem and places you into another. For the correct solution to this problem, you need to not only exercise precautions in your current work space, but have some means in place to assure clean air is being delivered to your every breath. For this, there are many testing, monitoring and air purifying devices available for you to assure your body or lungs are not being polluted constantly.

Since it is virtually impossible for an artist to stop using paints completely, there are numerous air purifiers that can make sure the environment is cleansed of any harmful or potentially life-threatening toxins in the atmosphere. With different chemicals found in common artist paints and cleaning tools, it would definitely be better to invest in [air purification](#) tools now to prolong artist health and safety rather than be sorry later for harming your lungs, skin and possibly life by continually working against the suggested occupational health standards for long-term artist health and safety.