

Protect Yourself From Toxic Thermal Receipts

What's the problem?

Bisphenols are chemicals found in common products like water bottles and thermal paper cash register receipts. They may cause negative health impacts.

People who come in frequent contact with thermal paper, like cashiers and customers, are most at risk.



What can you do?

There are several easy things you can do to better protect your health and the environment.

Cashiers

Handle as little as possible.

Wear Personal Protective Equipment on your hands such as nitrile gloves to reduce skin contact with thermal receipts.

Keep hands dry.

Thoroughly dry hands after washing and wait for your hands to dry after using lotion or hand sanitizer.

Keep away from food.

Avoid ingesting bisphenols by washing your hands thoroughly before eating and keeping receipts away from direct contact with food.

Limit printing.

Consider only printing receipts upon customer request, only printing merchant copy if information is not stored electronically.

Customers

Handle as little as possible.

Only request receipts if necessary and avoid crumpling into your palm.

Keep hands dry.

Thoroughly dry hands after washing and wait for your hands to dry after using lotion or hand sanitizer.

Keep away from food.

Avoid ingesting bisphenols by washing your hands thoroughly before eating and keeping receipts away from direct contact with food.

Keep away from children.

Children are more susceptible to the harmful effects of bisphenols.

Do not recycle.

Bisphenols can contaminate recycling. Thermal receipts belong in the trash.

What can managers do?

Change your practice. Update your policy to only print receipts upon customer request. Order bisphenol-free receipts or make the switch to digital receipts.

Educate employees. Share this flyer with employees to inform them about the risks and what they can do to reduce their exposure. Post the other side of this flyer where employees can see it.

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Accommodation requests

To request an ADA accommodation, contact Ecology at 360-407-6700 or hwtrpubs@ecy.wa.gov, or visit ecology.wa.gov/accessibility. For Relay Service or TTY, call 711 or 877-833-6341.



Find out more

Learn how Ecology is working to ensure safer products for Washingtonians.



[A better tomorrow: Washington sets the standard for safer products¹](https://ecology.wa.gov/blog/january-2025/a-better-tomorrow-washington-sets-the-standard-for-safer-products)

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