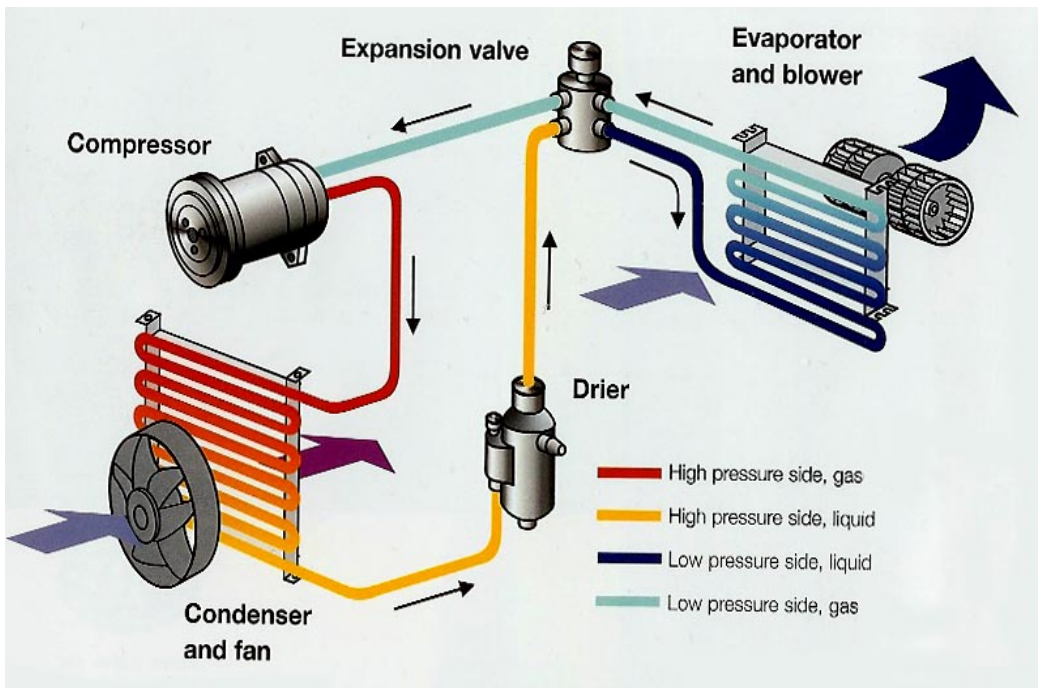


HSE ALERT FOR CAR RIDERS



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Now this is very interesting! My car's manual says to roll down the windows to let out all the hot air before turning on the A/C. WHY?

No wonder more folks are dying from cancer than ever before. We wonder where this stuff comes from but here is an example that explains a lot of the cancer causing incidents.

Many people are in their cars the first thing in the morning; and the last thing at night, 7 days a week.

As I read this, it makes me feel guilty and ill. Please pass this on to as many people as possible. Guess it's not too late to make some changes.

Car A/C (Air Conditioning) MUST READ!!!

Please do NOT turn on A/C as soon as you enter the car

Open the windows after you enter your car, and then turn ON the AC after a couple of minutes

Here's why: According to research, the car's dashboard, seats, a/c ducts in fact ALL of the plastic objects in your vehicle, emit Benzene, a Cancer causing toxin; **A BIGCARCINOGEN**. Take the time to observe the smell of heated plastic in your car, when you open it, and BEFORE you start it up.

In addition to causing cancer, Benzene poisons your bones, causes anemia and reduces white blood cells. Prolonged exposure will cause Leukemia and increases the risk of some cancers. It can also cause miscarriages in pregnant females.

Acceptable Benzene level indoors is: 50mg per sq.ft.

A car parked indoors, with windows closed, will contain 400-800 mg of Benzene.

If parked outdoors, under the sun, at a temperature above 60 degrees F, the Benzene level goes up to 2000-4000 mg, 40 times the acceptable level.

People, who get into the car, keeping the windows closed, will inevitably inhale, in quick succession, excessive amounts of the BENZENE toxin.

Benzene is a toxin that affects your kidneys and liver. What's worse, it is extremely difficult for your body to expel this toxic stuff from your body.

So friends, please open the windows and door of your car - give it some time for the interior to air out (dispel the deadly stuff) - before you enter the vehicle.

Thought: 'When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others.'