

# barod

est. 1972

## Sylweddau Anweddol

Gall mewnanadlu gludion, nwyau, toddyddion a erosols cael effeithiau difrifol ar eich iechyd.

Camddefnyddio toddyddion yw pan gaiff sylweddau anweddol a geir mewn gynhyrchion bob dydd yn cael eu hanadlu am effaith debyg i alcohol, gan wneud i bobl fod yn llai swil, ewfforig a chwil.

Gall camddefnyddio sylweddau anweddol arwain at ddibyniaeth seicolegol.

### Peryglon iechyd:

- Marwolaeth o fethiant y galon. Gelwir hyn 'Sudden Sniffing Death Syndrome'. **Nid oes unrhyw ffordd o osgoi perygl hon.**
- Perygl o fygu os ydych yn mewnanadlu o fag plastig dros eich pen.
- Mae rhwng 50 a 100 achos o farwolaeth o ganlyniad i ddefnyddio toddyddion a sylweddau anweddol eraill bob blwyddyn. Mae bron y cyfan o'r rhain drwy ddefnydd tymor byr.
- Mae rhai defnyddwyr wedi marw drwy basio allan a thagu ar eu chwyd eu hunain.
- Mae llawer o sylweddau anweddol yn fflamadwy, felly ceir risg o losgi a ffrwydradau.



### Arwyddion fod unigolyn yn defnyddio?

Gan fod yr effeithiau'n diflannu ymhen munudau gall fod yn anodd adnabod camddefnydd. Mae yna rhai arwyddion y gallwch edrych allan amdanynt.

- Eitemau o ddillad wedi cannu
- Golwg lwyd
- Llygaid yn goch ac yn chwyddedig
- Teimlo'n isel a blinder
- Teimlo'n chwil, breuddwydiol, pwll o chwerthin.
- Smotiau/Briwiau
- Arogl cemegol ar ddillad
- Peswch.
- Trwyn yn rhedeg
- Cur pen/Salwch
- Anafiadau heb esboniad
- Caniau erosol gwag
- Erosols heb nozzles

### Beth allwch chi ei wneud?

Os ydych chi'n meddwl bod rhywun wedi camddefnyddio sylweddau anweddol peidiwch ddadlau ag person, gall rhuthr o adrenalin achosi adwaith andwyol neu farwolaeth. Dewiswch yr amser cywir i gael sgwrs. Osgoi tactegau dychryn a darparu ffeithiau. Mae sylweddau anweddol yn cynnwys ystod eang o gynhyrchion, gludion ac erosols. Bydd gan y cynhyrchion a gamddefnyddir i gyd ddefnydd o ddydd i ddydd cyfreithlon, sy'n golygu y gellir cael gafeal arnynt yn hawdd. Osgoi cadw sylweddau anweddol yn y tŷ neu newid cynhyrchion e.e.. roll-ons yn lle erosols.



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\*Workers will respond within working hours: Mon- Fri 9am -5pm

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## Volatile Substances

Inhaling glues, gases, solvents, and aerosols can have serious effects on your health.

Solvent use is when the volatile chemicals in everyday products like aerosols are inhaled for the purpose of getting high.

Solvent use can lead to a psychological (but not physical) addiction.

Health risks include:

- Death from a form of heart failure known as 'sudden sniffing death syndrome' (SSD). **There is no 'safe' way to inhale solvents that avoids this risk.**
- Death from choking on vomit, suffocation or asphyxiation (perhaps because they are choking or because they have a bag or mask over their nose and mouth).
- Aerosols are highly flammable, causing a particular risk of burns and explosions.
- Solvent use kills approximately 60 people every year.



### How can you tell if someone is using?

Since the effects of using inhalants wear off within minutes, it can be difficult to identify if somebody is using them. Some signs to look out for when it comes to inhalant use include:

- Chemical odours on breath or clothing
- Wheezy cough
- Runny eyes/nose
- Reduced sleeping and eating
- Spots/sores or red puffy eyes
- Grey look
- Headaches/sickness
- Drunken behaviour but quick to sober up
- Unexplained bruises
- Unable to recall times of the day or activities undertaken that day
- Empty cans and/or lids from cans
- Aerosols with nozzle removed
- Products in unexpected places
- Items of clothing/towels/rags that look bleached
- Products going missing or running out quickly

### What can you do?

If you think someone has been inhaling volatile substances, try to keep the situation as calm as possible. An adrenaline rush caused by physical activity or emotional stress can trigger an adverse reaction or death. Choose the right moment to have the conversation. Avoid scare tactics and provide facts. Volatile substances are found in many common household products, such as adhesives, aerosols and cleaning fluids. Remove Volatile substances from the house e.g. replacing aerosols with roll-ons.



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