



N-Methylpyrrolidone (NMP)

Why am I being warned about potential exposure to N-methylpyrrolidone?

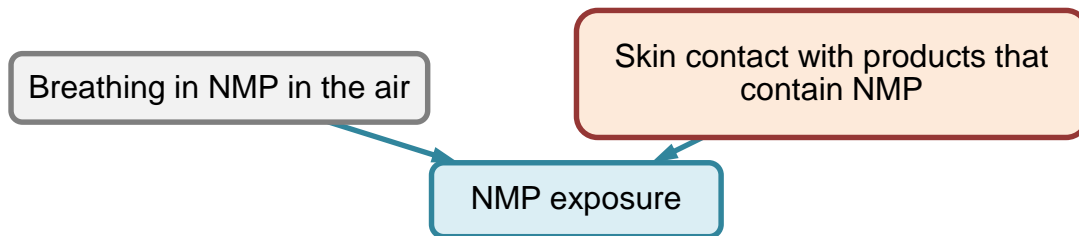


- N-Methylpyrrolidone is on the [Proposition 65](#) list because it can cause birth defects or other reproductive harm. Exposure to N-methylpyrrolidone during pregnancy may affect the baby's development.
- Proposition 65 requires businesses to determine if they must provide a warning about significant exposure to [listed chemicals](#).

What is N-methylpyrrolidone?

- N-Methylpyrrolidone (NMP) is a chemical used in paint, graffiti, and coating removers and strippers.

How does exposure to N-methylpyrrolidone occur?



- The most likely way to be exposed to NMP when using paint, graffiti and coating removers and strippers is through skin contact. NMP can also be inhaled, particularly when using aerosol products that contain the chemical.
- During pregnancy, NMP can pass from mother to baby.

How can I reduce my exposure to N-methylpyrrolidone?

- ✓ If you decide to use a paint, graffiti, or coating remover or stripper, choose alternatives to products with NMP or [methylene chloride](#) (also known as dichloromethane).
- ✓ Check the ingredients list on product labels to see if the products contain NMP or methylene chloride.
- ✓ Always follow the manufacturer's instructions and safety precautions on the product label.
- ✓ Consider hiring a trained professional for indoor tasks with NMP.

- ✓ If you must use an NMP-based paint, graffiti, or coating remover or stripper:
 - ▶ Try to work outdoors.
 - ▶ Limit your use of the product to four hours per day or less.
 - ▶ Use NMP-resistant gloves such as butyl rubber or laminated polyethylene/ethylene vinyl alcohol (EVOH) gloves.
 - ⊗ Other types of gloves, including latex, nitrile, and natural rubber gloves, are not recommended for use with products that contain NMP.
 - ▶ If you must use products with NMP indoors, be sure to ventilate your workplace well. The [US Consumer Product Safety Commission recommends](#) that you cross-ventilate, open all windows and doors to ensure sufficient fresh air, and use a fan to blow air outdoors and away from you.
 - ⊗ A regular dust mask does not offer adequate protection against NMP.

For more information:

General Fact Sheets and Resources

- US Consumer Product Safety Commission (CPSC)
 - ▶ What You Should Know About Using Paint Strippers
<https://www.cpsc.gov/s3fs-public/423%20Paint%20Stripper%20Publication.pdf>
- California Department of Public Health (CDPH)
Hazard Evaluation System & Information Service (HESIS)
 - ▶ N-Methylpyrrolidone (NMP)
<https://www.cdph.ca.gov/Programs/CCDC/DEOD/DCDC/DCDC/HESIS/CDPH%20Document%20Library/nmp.pdf>

Scientific Information about N-Methylpyrrolidone

- California Environmental Protection Agency (CalEPA)
Department of Toxic Substances Control (DTSC)
 - ▶ Product-Chemical Profile for Paint and Varnish Strippers and Graffiti Removers Containing N-Methylpyrrolidone (NMP)
https://dtsc.ca.gov/wp-content/uploads/sites/31/2019/09/Final-NMP-Paint-Stripper-Graffiti-Remover_Profile.pdf
- US Environmental Protection Agency (US EPA)
 - ▶ Problem Formulation of the Risk Evaluation for N-Methylpyrrolidone (NMP)
https://www.epa.gov/sites/production/files/2018-06/documents/nmp_pf_05-31-18.pdf

Proposition 65

- California Environmental Protection Agency (CalEPA)
Office of Environmental Health Hazard Assessment (OEHHA)
 - ▶ Proposition 65: Background
<https://www.p65warnings.ca.gov/faq>
 - ▶ Proposition 65: The List of Chemicals
<https://www.p65warnings.ca.gov/chemicals>