



## Styrene Fact Sheet

### What is styrene?

Styrene is a colorless liquid that has a sweet smell.

### How are employees exposed to styrene?

Styrene is used predominately in the production of polystyrene plastics and resins. Styrene is also used as an intermediate in the synthesis of materials used for ion exchange resins and to produce copolymers.

### How does styrene exposure affect me?

Acute (high) exposures to styrene may result in respiratory effects, such as mucous membrane irritation, eye irritation and gastrointestinal effects. Chronic exposure to styrene may affect the central nervous system (CNS), with symptoms such as headache, fatigue, weakness, depression and CNS dysfunction.

### What should I do to protect myself?

Personal protective equipment (PPE) should be used to prevent or minimize exposure. Gloves, eye protection and other PPE may be necessary to prevent skin contact. Additionally, respiratory protection may be needed if exposure levels exceed the limits set in standard.

### Are there OSH standards for styrene?

The following OSH standards contain the permissible exposure limits (PELs) for styrene:

- **13 NCAC 7F.0101**—N.C. state-specific PELs—general industry
- **29 CFR 1915.1000**—maritime industry
- **29 CFR 1926.55**—construction

### Where can I find additional information?

Please review our [Styrene Subject Index](#) page.