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Safety and Health Topics / Styrene

# Styrene

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## Overview

Styrene is primarily a synthetic chemical that is used extensively in the manufacture of plastics, rubber, and resins. It is also known as vinylbenzene, ethenylbenzene, cinnamene, or phenylethylene. About 90,000 workers, including those who make boats, tubs, and showers, are potentially exposed to styrene. Health effects from exposure to styrene may involve the central nervous system and include complaints of headache, fatigue, dizziness, confusion, drowsiness, malaise, difficulty in concentrating, and a feeling of intoxication.

### OSHA Standards

Exposures to styrene are addressed in specific OSHA standards for General Industry and Construction.

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### Hazard Recognition

Provides references that aid in recognizing occupational hazards and health effects associated with styrene.

[More »](#)

### Evaluating Exposure

Provides information on evaluating occupational exposures to styrene.

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### Possible Solutions

Provides possible solutions for styrene hazards in the workplace.

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### Additional Resources

Provides links and references to additional resources related to exposures styrene.

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### Workers' Rights

Workers have the right to:

- Working conditions that do not pose a risk of serious harm.
- Receive information and training (in a language and vocabulary the worker understands) about workplace hazards, methods to prevent them, and the OSHA standards that apply to their workplace.
- Review records of work-related injuries and illnesses.



- File a complaint asking OSHA to inspect their workplace if they believe there is a serious hazard or that their employer is not following OSHA's rules. OSHA will keep all identities confidential.
- Exercise their rights under the law without retaliation, including reporting an injury or raising health and safety concerns with their employer or OSHA. If a worker has been retaliated against for using their rights, they must file a complaint with OSHA as soon as possible, but no later than 30 days.

For additional information, see OSHA's Workers page.

### How to Contact OSHA

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit [www.osha.gov](http://www.osha.gov) or call OSHA at 1-800-321-OSHA (6742), TTY 1-877-889-5627.



## UNITED STATES DEPARTMENT OF LABOR

Occupational Safety and Health Administration  
200 Constitution Ave NW  
Washington, DC 20210  
☎ 800-321-6742 (OSHA)  
TTY  
[www.OSHA.gov](http://www.OSHA.gov)

### FEDERAL GOVERNMENT

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