

COBALT

_____ Name

_____ Date

also called... **cobalt chloride, cobaltous chloride, cobaltous chloride hexahydrate, cobalt dichloride hexahydrate**, or found as **cobalt sulfate** or **cobalt sulfamate**.

What is it?

Cobalt is a metal found in nature. It is used with nickel for metal plating, and added to alloys for stronger tools and parts. It also has construction and manufacturing uses.

Where might it be found?

Costume jewelry (nickel-plate)
Metal objects (buckle, button, rivet, zipper, pin, snap, hook, coin, key, tool, utensil)
Dental implant, plate, brace
Orthopedic implant, prosthesis
Blue dye for enamel, glass, ceramics, porcelain, crayons
Blue and green paints
Tattoo (yellow and blue-green)
Hair dye (light brown)
Antiperspirants
Detergents, solid soaps
Animal feed
Agriculture fertilizer
Lamp filament
Tungsten or carbide binder
Electronic recording tape
Magnets
Industrial drills & cutting tools
Durable metal mechanical part
Welding rod and fumes
Metallic dust
Electroplating metal salts
Pressing, stamping tool
Aircraft engines
Auto exhaust oxidant
Radial tire steel bonding agent
Oil industry desulfuration
Cement, pottery clay
Drying agent in paint, varnish
Drywall
Polyester resin system catalyst
Flypaper, some adhesives
Plastic or rubber manufacture

How to avoid it:

Avoid using any product that contains cobalt. Check the complete ingredient list of each product you use for one of the names above. If no ingredient list is present, go to the store and inspect the original box or package. Some products' ingredient lists are available on the internet at the manufacturer's website, the store's website, or websites such as <http://householdproducts.nlm.nih.gov>, <http://www.cosmeticsdatabase.com>, or <http://www.drugstore.com>.

For possible workplace exposure, check the Material Safety Data Sheet (MSDS) and complete ingredient list of all products encountered. Wear heavy duty rubber or vinyl gloves for wet work, and leather or heavy fabric for dry settings.

Cover metal handles with duct tape or substitute rubber, plastic, or high quality stainless steel. Use key guards. Paint buttons with many coats of clear nail polish or Nickel Guard. Choose nylon or plastic zippers and fasteners. 18k gold, sterling silver, and platinum should be safe.

Your doctor may advise you to eliminate sources of *ingested* cobalt for one month. If your skin improves, you may try adding back one item per week, watching for worsening. **Avoid these:**

apricots	coffee
beans	liver
beer	multivitamin & vit B ₁₂
beets	nutritional supplement
cabbage	nuts
chocolate	scallops
cloves	tea
cocoa	whole-grain flour