

HEALTHIER HOMES

How sick is your home?

The quality of indoor air in our homes is often worse than outdoor air. Indoor pollutants can be a health risk, especially in new homes or building additions due to the off-gassing of synthetic materials, finishes, furnishings and appliances. Combined toxic emissions in confined spaces will cause SBS (sick building syndrome)

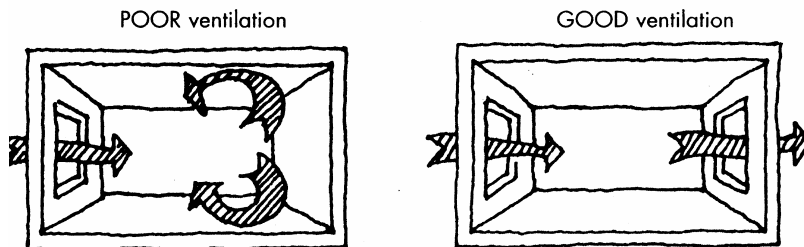
So avoid products which...

- contain formaldehyde, eg in most pressed wood products, laminates
- emit noxious gases, eg unflued gas heaters
- contain VOCs (volatile organic compounds), eg some paints, glues, carpets
- are used as termiticides – (chemicals for termites)

Carefully select new materials and finishes for your home. Natural products are generally preferred to synthetics

Even renovation work on older homes can release toxins such as lead and asbestos from dormant materials. Older homes often have poor ventilation and may also develop SBS. Dust and mould can be a source of allergens

Regular year-round ventilation of all the spaces in your home is highly recommended... ceiling fans can assist in stagnant areas which lack cross ventilation. Indoor plants can improve air quality. Where possible bring sunlight into your home in winter



Other health issues could include...

- dampness in habitable rooms, especially bedrooms
- disease carrying pests like rats, cockroaches, flies, etc
- contaminated water and waste systems
- excessive noise levels, poor lighting
- slippery floor surfaces and uneven steps
- electrical faults, EMR exposure
- faulty smoke alarms, bushfire risk
- unstable structures, etc

Seek expert advice on home health and safety matters

Good design and product choice can significantly reduce health risks in the home. But an understanding of health issues and safe-use procedures by ALL the occupants is just as important

A sustainable home must be a healthy home

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