



Home Renovations: Creating a Healthy Low Exposure Environment

Empowering Community and Removal of Barriers (ECRoB) Project



When embarking on home renovations, it is crucial to prioritize the selection of materials and products that minimize chemical emissions and potential triggers. While researching material specifications is essential, it's worth noting that even low-off-gassing products may still require some time to aerate before they are safe to use. To assist in decision-making, consider opting for certified options that meet specific standards for low emissions and allergen control. Here are some certifications to look for:

Green Label Plus: This certification ensures that a product has "very low" emissions of volatile organic compounds (VOCs). Choosing products with this certification can help reduce the release of harmful chemicals into your home.

CARB (California Air Resources Board): CARB establishes legally allowable levels of VOCs for products sold in California. Products meeting CARB standards can be reliable, even if you are not in California, as they adhere to stringent emissions regulations.

CertiPUR: This certification is created explicitly by the polyurethane industry to certify polyurethane foam used in mattresses, furniture, and other household items. Products with CertiPUR certification have been tested to meet specific standards for content, emissions, and durability.

Certified asthma & allergy friendly®: Products bearing this certification have undergone rigorous testing to ensure they are suitable for individuals with asthma or allergies. These products can help minimize exposure to allergens and irritants in the home.

While these certifications provide a good starting point, it is essential to note that they do not guarantee complete avoidance of chemical exposures. However, they do indicate a commitment to reduced emissions and allergen control.

In addition to selecting certified products, other home considerations can help reduce exposures to triggering chemicals:



Air Purifiers:

Investing in a high-quality air purifier can help filter out airborne particles, allergens, and pollutants, improving indoor air quality. Look for purifiers with HEPA filters, as they effectively capture small particles. Avoid air purifiers with plastic parts.

Water Filtration Systems:

Installing a water filtration system at the entrance of your water system can help remove impurities, chemicals, pesticides, heavy metals, and contaminants from your tap water.

In addition, filters can be placed on kitchen and bathroom taps. It is important to change filters regularly. This scheduled change can benefit individuals with sensitivities or concerns about water quality.

By incorporating these considerations into your home renovations, you can create a healthier living environment with reduced exposure to chemicals and allergens.

Remember to assess your specific needs, consult professionals when necessary, and make informed decisions that align with your health and well-being goals.

For information on safe renovation materials, visit:

<https://lavieecolo.ca/en/renovations/>