

Tips & Tricks

Information Sheet

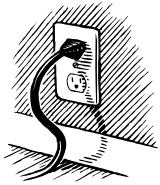
Creating a healthier home can be easy

- Ventilation



- Ensure windows are accessible and can be opened to create cross-breezes
- Install external ventilation for critical areas – laundry rooms, offices, garages
- Install a system that will provide sufficient fresh air during each cycle
- Make sure that all combustion devices are vented externally

- Electrical



- Use a kill switch in the sleeping areas that will make it easy to turn off electricity within 6ft of sleeping area
- Run all electrical wires that traverse a sleeping area in metal (conduit or MX)
- Make sure that the electrical service is not near any sleeping area
- Make sure appliances are not located near sleeping areas
- Install computer/telephone access in all rooms to discourage the use of wireless devices
- Do not use wireless devices in the home
- Make sure that the wiring is done to code – that is, no net current

- Materials



- Use only no or at least low-VOC materials in the house (paint, glue, grout)
- Allow the concrete to thoroughly dry before covering it with anything
- Avoid the use of wall-to-wall carpeting
- Make sure the air ducts are covered during construction
- Use at least MERV 11 rated filters on air-handling units
- Do not use any materials that test high for radioactivity
- Use non-toxic insulation