

Safe home checklist

CHEMICALS TO AVOID	
SOURCE	HORMONE DISRUPTING CHEMICALS
Air fresheners	Fragrances including those derived from essential oils
Aluminium deodorants	Whilst the research is not conclusive as to whether it contributes to breast cancer, it is best to avoid it until it can be proved otherwise
Antibacterial products	Triclosan which is found in many antibacterial soaps and body products as well as cleaning products should be avoided
Cleaning products	<ul style="list-style-type: none"> Any product that contains a fragrance Alkylphenols are degradation products from some types of detergents (non-ionic surfactants) in cleaning products, soap on tap, body washes and shampoos Preservatives such as parabens.
Flame retardants	Flame retardants such as polybrominated diphenyl ethers found in curtains, foam in furnishings, carpets, bedding, clothing, light switches and electronics (computers and TVs). Most were banned by the European Union in 2006 but continue to be found in imported goods in Australia.
Heavy metals	Arsenic (some pesticides), cadmium (paints), copper (water pipes and some hair dyes), lead (lipstick, lead solder on water pipes and lead paint), mercury (energy efficient lights and some cosmetics) and nickel (exposed element in kettles).
Make up	<ul style="list-style-type: none"> Any make up that contains a fragrance Tinted lipsticks (because of lead) Nail products as they may contain dibutyl phthalate and toluene which can be contaminated with benzene Hair sprays contain isobutane (a propellant) which can be contaminated with 1,3-butadiene Powdered foundation due to the nanoparticles
Personal care products	<ul style="list-style-type: none"> Perfume a big NO! Any product that contains a fragrance or essential oils Ingredients that end in ‘__amines’ such as DEA (diethanolamine), TEA (triethanolamine) and MEA (monoethanolamine) Ingredients that contain the prefix, word or syllable ‘PEG’ (such as PEG-180) or ‘-eth-’ (such as cetareth, or sodium laureth sulfate or polyethylene) and ‘-oxynol-’ should be avoided Preservatives such as parabens
Pesticides	<ul style="list-style-type: none"> Organophosphate and organochlorine pesticides such as atrazine, simazine, heptachlor, endosulfan and DDT.
Plastics	<ul style="list-style-type: none"> Plastic products made from the numbers 1 (PET), 3 (polyvinyl chloride), 6 (polystyrene) and 7 (all other) plastics Drinking water bottles made from the above plastics Plastic cookware and food packaging Never heat or freeze foods in plastic containers Always heat your food and beverages in glass or ceramics Drink from stainless steel or glass bottles PVC water pipe Plastic clothing made of PVC PVC building materials such as shower curtains and vinyl flooring PVC sex toys



Safe Home Charts from *Healthy Home, Healthy Family* by Nicole Bijlsma, RRP \$29.95, available from:

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Sunscreens	<p>Sunscreens that contain the following ingredients, should be avoided:</p> <ul style="list-style-type: none"> • Oxybenzone (Benzophenone-3) • 4-Methylbenzylidene camphor (4-MBC) • 3-Benzylidene camphor • Octyl methoxycinnamate (OMC) • Padimate O • Fragrances
Tinned food & drinks	<ul style="list-style-type: none"> • Avoid tinned food and drink (including soft drink) as the tins may be lined with an epoxy resin containing bisphenol A (BPA) • Buy food in glass containers wherever possible • Minimise your need for packaged food and buy fresh produce wherever possible

AIR POLLUTANTS	
SOURCE	SOLUTION
Gas appliances	<ul style="list-style-type: none"> • Avoid unflued gas appliances as they release toxic gases that can be lethal • Make sure there is adequate ventilation (open windows) when a gas appliance is on • The flame should burn blue (not yellow or orange which will require immediate attention) • Gas appliances should be serviced annually in accordance with the manufacturer's instructions
Lead dust	<ul style="list-style-type: none"> • Lead is particularly toxic to a growing foetus and can lower IQ and cause learning and behavioural disorders. When renovating refer to the: Six Step Guide to Painting Your Home
Mercury vapour	<ul style="list-style-type: none"> • In the event that an energy efficient lamp or mercury containing thermometer breaks, open all windows and doors and get somebody else to remove it immediately. Refer to your council for disposal
Paints, adhesives & sealants	<ul style="list-style-type: none"> • Don't paint the house if you are pregnant • Don't live in the house whilst it is being painted • Only use low or no VOC paints and sealants • Polyurethane used in paints and varnishes (timber floors) and foam in upholstery should be avoided • Formaldehyde used in some paints, varnishes, insulation and in pressed wood products (MDF) should be avoided
Stain resistant applications	<ul style="list-style-type: none"> • Many stain and water resistant products contain perfluorochemicals which are suspected to cause cancer
Tobacco smoke	<ul style="list-style-type: none"> • Do not allow people to smoke in your home or car
Wood fireplaces	<ul style="list-style-type: none"> • Wood fireplaces should be flued, regularly serviced, and only use well dried seasoned (non-treated) wood



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ELECTROMAGNETIC FIELDS	
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Computer (box)	<ul style="list-style-type: none"> • Keep it (the computer box) at least one metre away from where you sit • Monitors (VDUs) comply with strict international standards and are not generally an EMF problem
Cordless phone	<ul style="list-style-type: none"> • Replace it with a hardwired phone as many DECT models emit high levels of EMFs even when they are not in use • Phones should not be permanently located in the bedroom
Clock	<ul style="list-style-type: none"> • Keep your digital clock radio at least two metres from your bed head or replace it with a battery operated clock
Electric blankets	<ul style="list-style-type: none"> • Get rid of it and replace it with a hot water bottle, flannel sheets or a hot partner!
Fridge	<ul style="list-style-type: none"> • The fridge should not back onto a wall where the bed, desk or favourite couch is positioned
Gas or electric hot water service	<ul style="list-style-type: none"> • Should not back onto a wall where the bed, desk, or favourite couch is positioned
Inverter	<ul style="list-style-type: none"> • Inverters used for solar panels emit high level magnetic fields. They should not be within three meters of the bedroom or living spaces
Laptops and iPads	<ul style="list-style-type: none"> • Don't use them on your lap • Put them in 'airplane mode' when in use if you don't require Wi-Fi connectivity
Meter box	<ul style="list-style-type: none"> • The meter box should be well away from the bed and living spaces where people spend time (at least one room away or three metres)
Mobile phone	<ul style="list-style-type: none"> • Use an air tube ear piece when making calls, text instead of making calls and keep your calls short • Use a hard wired phone whenever you can • Don't charge your mobile phone near your bed
Ovens and dishwashers	<ul style="list-style-type: none"> • Don't stand for any length of time immediately in front of appliances that have a digital display as they may emit a high level magnetic field
Smart meter	<ul style="list-style-type: none"> • Smart meters should be well away from the bed and living spaces where people spend time (at least one room away or three metres) • The metal box will shield the radiation to some extent. If it is enclosed in a timber box, the radiation will be emitted 360 degrees and drop off with distance.
Wireless router	<ul style="list-style-type: none"> • Replace it with a non-wireless modem • If you continue to use a wireless router, set the power output to the lowest possible setting, keep it well away from the bed and living spaces and TURN IT OFF when it is not in use



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