

10 Point Checklist

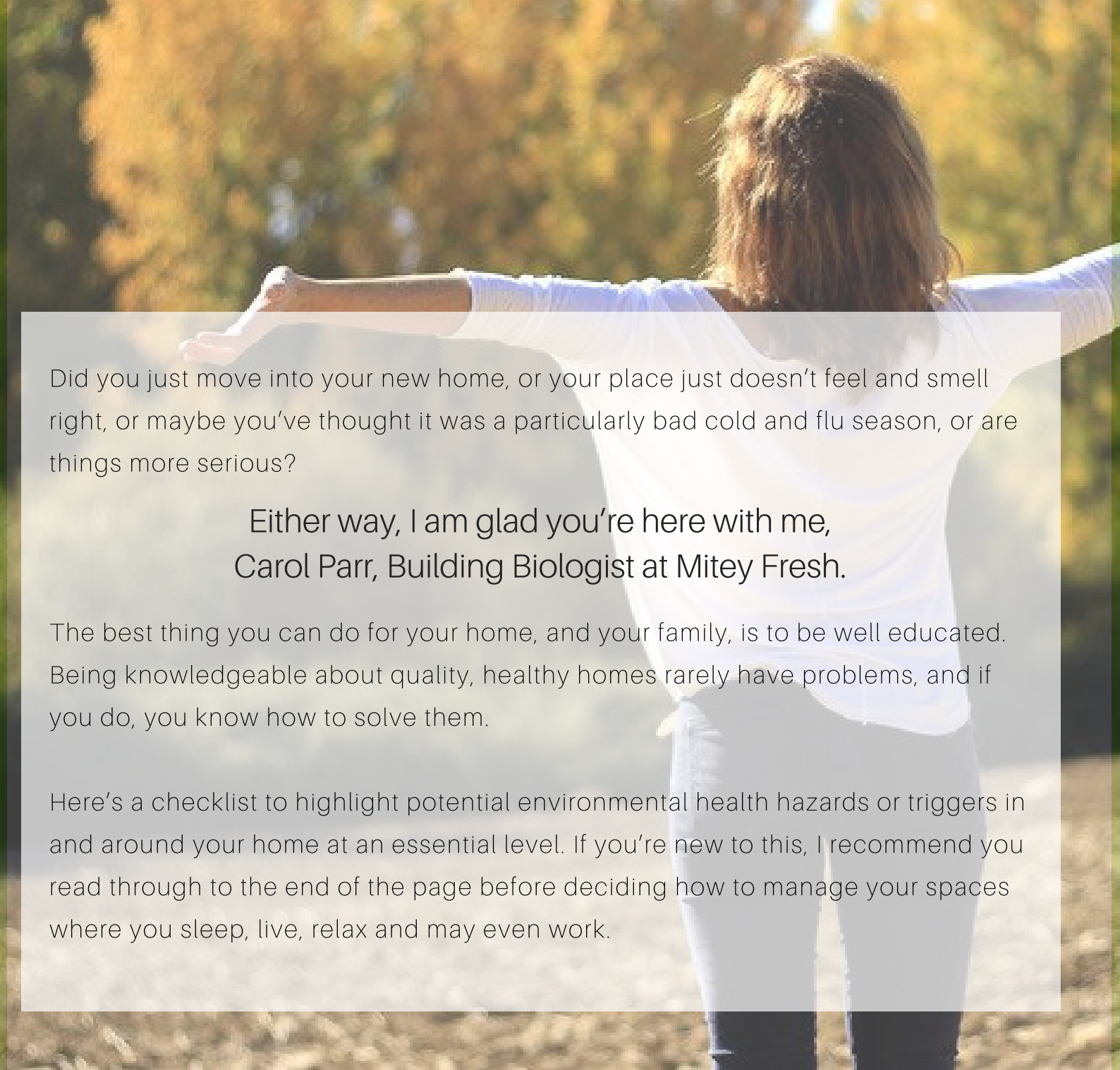
The ultimate guide
to your healthy home.

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The Ultimate 10 Point Checklist for A Healthy Home



Did you just move into your new home, or your place just doesn't feel and smell right, or maybe you've thought it was a particularly bad cold and flu season, or are things more serious?

Either way, I am glad you're here with me,
Carol Parr, Building Biologist at Mitey Fresh.

The best thing you can do for your home, and your family, is to be well educated. Being knowledgeable about quality, healthy homes rarely have problems, and if you do, you know how to solve them.

Here's a checklist to highlight potential environmental health hazards or triggers in and around your home at an essential level. If you're new to this, I recommend you read through to the end of the page before deciding how to manage your spaces where you sleep, live, relax and may even work.

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1

Take a deep breath. Are you ready to open up your home today and have a real good look inside? Have no fear, it's easier than you think. Just take some time to get to know your indoor environment and the air you breathe.

Your home is a place of refuge, comfort and rejuvenation. Breathe! The every day choices you make buying products and materials, the way the building is cooled and heated, its design and flow, impact your environment; they impact your wellbeing and quality of life, and most importantly your children.

The home operates as one life form, and the smallest change, affects the whole system. EPA studies indicate that levels of many air pollutants may be two to five times higher in indoor air than outdoors. In some cases, indoor air pollutants may even be 100 times higher than outdoors. High levels of indoor air pollutants may pose a serious health threat and are of particular concern because people may spend as much as 90% of their time indoors.

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Do some homework and get up to speed on health of the family members in your home and where they are up to health wise, even your pets. Take note of changes you have had since moving into your home for each occupant and short list these as not everyone will have the same.

Healthy! Excellent. Symptoms? ... take a close look at respiratory and skin symptoms for recent reactions and write a list (see notes section at the end of this document), what did you do to alleviate them. Many people suffer symptoms which could simply be brushed off as part of the 20th century malaise, tiredness, and just don't seem to get better.

3

Do some field work. Simply walk around your block, visit neighbouring residences and commercial spaces to observe and get a sense of where your property is located in relation to activities outside your boundary fence. There can be a big difference between man-made and natural hazards and the responses they can deliver.

Major traffic routes, train lines, flight paths, heavy and light industry, transmission lines, telecommunication towers, shopping centres, service stations, neighbouring buildings, open spaces, trees and grasses, dust, susceptible to flooding, valleys and hills.





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Determine your land's history, even if you live in an apartment either by chatting with neighbours or contacting council. Be aware of the lay of the land, where on the land is your home located, which way does the land slope, the way your home faces the sun and wind, locate trees and garden beds in relation to your home, humidity, comfort levels and not so comfortable areas, electrical distribution lines.

If you suspect there are soil contaminants, drinking water contaminants get the soil and water tested. Ask plenty of questions during the result process to access their expertise and you have a good understanding of your immediate local conditions.

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Check out how old your home is – whether old or new. Whether there's been any renovations. Better still, estimate the year it was built or renovated. Do your research on what the previous occupants and their pets' living and health was like.

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Adequate drainage around the outside and under your home, building materials have not been damaged. Make a short list of the repairs that require immediate attention or further investigation by a professional tradesperson. There can be big differences between attending to those repair jobs now and leaving them till later. Choosing to 'leave it till later' cannot only lead to potential environmental triggers to be activated but also lots of unnecessary frustration.

Get busy with the necessary repairs and maintenance. If the house doesn't feel well-maintained, it definitely will not support you and your family when you need it most during any season. You may need to spend time or money on the house. You would want to be healthy and happy on any outlay.

Fix water drainage and sort out any dampness or damp smells. Problems in these areas could be red flags. Wash the dirt, mould and grime off the outside of your walls. And, if this isn't enough, invest time to look for the trigger, why is it getting mouldy? Ensure plumbing and appliances are maintained regularly and operated efficiently. Consider using a dehumidifier, especially if the house is mouldy, to enhance its drying out and creating health while you locate trigger points.

So, we're just over half way. How's it going?

As you can see, there's a lot to living and breathing in a home, fresh and healthy. A good Building Biologist can guide you at every step along the way. And this is only the outside. I can help you sort out your healthy home with you! I am more than happy to take a question or two via phone or email and if we find that it may take longer than 10 mins, I recommend booking in a Half Hour Phone Consult (\$88.00 in GST). Give us a call on 02 9986 3432 so that you can start ticking off the many steps on your Ultimate Healthy Home 10 Point Checklist.



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Similarly, for you and your family, check where they play, their work environment, their school, study and hobby environment. Look, feel, smell or ask if there is a problem with mould or rising damp, fragrances or perfumes, air fresheners or personal care products, pet fur or odours, fumes from materials or gases, asbestos or lead paint, cigarette smoking, plants or pollen, pests or sprays, cleaning or washing solutions, materials they wear and relax in, been near natural or contaminated waterways, been bitten by tick or spider.

Look, feel and smell if there is a problem with electrical and gas appliances, heating and cooling appliances, electrical meter box, lighting, wifi operated devices and appliances, game consuls or tvs, smart meters or smart boards, unusual tasting or coloured water, termites, ants, rodents or possums. Trust your gut. If the space you are checking does not feel right when you first walk in, it's probably not going to get any better. Speak with your family, colleagues, friends, how they feel and if they experience similar senses to ensure what you feel checks out.



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Now getting to what I consider should be the healthiest of all the spaces in any home or space of rest, where you sleep, the bed and bedding. How are you sleeping? Look, feel and smell if there is a problem with pillows, doonas, quilts, mattresses, sheets, underlays, dust mite and wetness protectors, electric blanket, your wake up alarm system, under beds, window coverings, floor coverings, storage cupboards.

Where you sleep is often overlooked, but is the most important area of a healthy home environment. A home that has a healthy sleeping area will have reduced health issues like tiredness and lethargy, poor breathing and inadequate productivity and living.

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How does the house function, bathing, laundry, cooking, making beds, clutter, dusting, vacuuming, cleaning, steam cleaning, feeding and grooming pets, heating, cooling, ventilating, shoes on / off policy, watering plants indoors and outdoors, drying laundry and wet areas, dry cleaning, packaging, eating ware, drinking vessels, cleaning walkways and gutters, using wifi and mobiles.

Ensure appliances are maintained regularly and operated efficiently. Consider using a dehumidifier, especially if the house is mouldy, to enhance its drying out and creating health while you locate trigger. Consider an air purifier if you live within 250m from a busy road to ensure contaminant free air.

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With all this new information, now take a look at each room and think of ways to improve it to make it HEALTHY for you and your family.

After reading through the checklist, you should have the confidence to take care of your indoor environment without a worry.

I know that throughout time you'll have some questions, and that's why I built this essential checklist. I'd like to make your home's indoor environment care easy, breathable and liveable.


Quality Indoor Air Care Planner
www.miteyfresh.com.au

Duties: Cleaning your indoor air includes: opening windows, dusting, vacuuming, washing

Daily	Weekly	Monthly	3 monthly	6 monthly	Yearly
Open curtains	Change and launder towels	Wash dust mite pillow covers	Wash pillows	Wash dust mite mattress, doona covers	Wash doonas, blankets
Open windows and doors	Launder sheets and pillow covers	Air pillow outside on sunlight	Clean behind your curtains	Air mattress, doona and blankets in sunlight	Wash curtains and blinds
Air beds by keeping bed clothes at the foot end	Tidy and Declutter	Damp dust blinds	Clean corners, top of wardrobes	Dust and vacuum corners of room	Check and clean heating and cooling appliances
Wipe down kitchen and bathroom bench tops	Damp dust hand surfaces	Damp dust skirting boards	Clean extractor/exhaust fans in bathroom and kitchen	Sort through wardrobes to clean, repair and declutter	Check and clean gas appliances
Use non fragrant products	Vacuum carpets	Move furniture when vacuuming - your lounge, bed and desk	Clean ceiling fans	Sort through kitchen cupboards for out of date items, declutter, clean shelving	Wash windows
Damp sweep floor	Clutter out door mats and rugs	Vacuum floor	Vacuum mattresses	Clean shoes and air outside in sun	Clean unoccupied, disused rooms
Dry up spills and water	Clean & dry bathroom	Vacuum heating/cooling vents	Disinfect garbage bins located inside	Check cracks and crevices and repair	Declutter
Remove rubbish	Clean toilet	Vacuum verandah on walls and railing	Sort through fridge and cupboards for expired items, declutter, clean	Check chimney exhaust	Check cracks and crevices and repair
Remove shoes when inside	Clean shower and tub	Vacuum soft furnishings	Check for leaks, clogs and anything water and repair	Check roof, gutters, down pipes, drains and repair	Trim back vegetation away from building

I created a handy planner that highlights key areas of indoor air care. Feel free to print it out or bookmark on your web browser for easy access.

Together with your family you can create a healthy home strategy to give your home or your work place the best environment to thrive in.

Towards healthier living,

Carol Parr



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Notes



Check:

☒ Mould

☒ Water Damage

☒ Dust Mites

☒ Cleaning

☒ Cooking

☒ Personal

☒ EMFs

☒ Wifi

☒ Drinking Water

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live easier.



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