

29 Points of a Healthy Home

1

Damp & Mold Growth



Issues in your home that cause it to be too damp or humid, causing mold or fungal growth.

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Excess Cold



Issues in your home that cause it to be too cold inside. Includes issues with heating units, insulation, as well as windows and doors.

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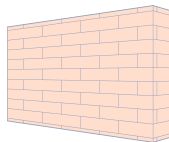
Excess Heat



Issues in your home that cause it to be too hot inside. Includes issues with cooling units, insulation, ventilation as well as windows and doors.

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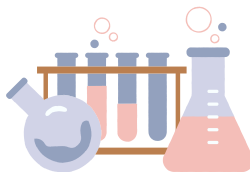
Asbestos, Silica and other MMF



In some cases high levels of silica, asbestos and other man-made mineral fibers (MMF) can be found in materials used to build the home.

5

Biocides



Biocides include chemicals that are used to treat mold issues as well as wood in your home. Biocides also include chemicals that may be used to rid your home of pests like rats, mice and cockroaches.

6

Carbon Monoxide & Fuel Combustion Products



If there is a leak or improper ventilation in your home it may cause high levels of dangerous gasses such as carbon monoxide, nitrogen monoxide, sulphur dioxide and smoke.

7

Lead



Homes built prior to 1978 may have lead based paint. If in poor condition it can create harmful dust or debris. If breathed in or ingested it can cause lead poisoning. Homes built prior to 1986 also may have lead pipes or lead soldered pipes. Ingesting water from these pipes can also cause lead poisoning.

8

Radiation



Some homes, may be impacted by radon gas and other gases that can be found in the ground. Radon gas is primarily airborne, but can also dissolve in water.

9

Uncombusted Fuel Gas



If there is a leak somewhere in or around your home, gas products such as propane, kerosene or natural gas may be released into the air in your home.



10

Volatile Organic Compounds



Volatile organic compounds (VOCs) are chemicals like formaldehyde, that become a gas at room temperature, and can be found in a wide variety of materials in the home.

11

Crowding & Space



If there are too many people living in your home, this may cause crowding. If the living and sleeping spaces are overcrowded it can make it hard to maintain your home.

12

Entry By Intruders



Issues in or around your home that may make it more difficult to keep your home safe from intruders. This includes things like locks on windows & doors, cracked/broken windows, poorly functioning gates/fences and other security features.

13

Lighting



Not having enough natural (light from the sun that comes through windows and doors) and/or artificial light (lights that you turn on/off) in your home.

14

Noise



Hearing noises that are too loud or frequent in or around your home.

15

Domestic Hygiene, Pests & Refuse



Issues in your home due to poor design, layout and construction that makes it difficult to keep clean and hygienic. This includes pest issues and not having enough hygienic areas to properly dispose of household waste.

16

Food Safety



Issues in your home that may create a threat to your health related to storage, preparation and cooking of food.

Did you know?

"Environmental hazards in the home harm millions of children each year."



17

Personal Hygiene, Sanitation & Drainage



Issues in your home that impact your personal hygiene. This includes issues with bathing and laundry facilities, as well as sanitation and drainage in your home. It does not include problems with pests due to defective drainage facilities.

20

Falls on Level Surfaces, etc.



Accidents in your home involving falls on flat surfaces such as floors, yards, and paths. It also includes falls involving steps, thresholds, or ramps, where the change in height is less than 12"

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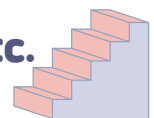
Water Supply



Issues in your home related to the quality and adequacy of your water. Adequacy relates to your home's water pressure, while quality relates to health threats due to contamination by bacteria, protozoa, parasites, viruses, and chemical pollutants.

21

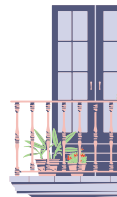
Falling on Stairs, etc.



Accidents in your home involving falls on stairs, step and ramps where the change in height is greater than 12".

22

Falling Between Levels



Accidents in your home involving falls from one level to another, where the difference in height is more than 12". This includes falls from: balconies or landings, accessible roofs, into basement wells, and over garden retaining walls.

19

Falls Associated With Baths



This category includes any fall associated with a bath, shower or similar facility.

23

Electrical Hazards



Electrical issues in your home that could result in shock and burns, including from lightning strikes.

Did you know?

"Unintentional injuries from falls, poisoning, choking, and suffocation, are the #1 killer of children in America."



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Fire



This category covers threats from exposure to uncontrolled fire and associated smoke at a dwelling.

28

Position & Operability of Amenities, etc.



Issues related to poor layout of spaces in your home that may cause physical strain. Such as high cabinets and windows that are difficult to access.

25

Flames, Hot Surfaces, etc.



Issues in your home that could result in burns caused by contact with: flames or fire, hot objects, or hot non-water based liquids such as oil. As well as scald injuries caused by contact with: hot water-based liquids and vapors. It also includes burns caused by clothing catching fire.

29

Structural Collapse & Falling Elements



Issues with the structure or maintenance of the inside or outside of your home that could leave it at risk of partially or completely collapsing. This can be because of bad repairs, overall disrepair, or due to bad weather conditions. This issue can effect household members as well as members of the public.

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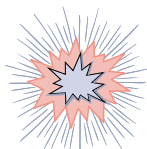
Collision & Entrapment



Issues in your home that could cause injuries by trapping body parts. This includes things like trapping arms, legs or fingers in doors or windows. This also includes issues in our home that could cause injuries due to running into/colliding with windows, doors, low ceilings and walls.

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Explosions



This category covers the threat from the blast of an explosion, from debris generated by the blast, and from the partial or total collapse of a building as the result of an explosion

Additional Resources

CDC National Center for Environmental Health–
[cdc.gov/nceh/](https://www.cdc.gov/nceh/)

EPA Indoor Air Quality– [epa.gov/iaq/](https://www.epa.gov/iaq/)

EPA Office of Children's Health Protection–
[epa.gov/children/](https://www.epa.gov/children/)

USDA - HUD Healthy Home Partnership–
[uwex.edu/healthyhome/](https://www.uwex.edu/healthyhome/)

National Institute for Standards and Technology's Building and Fire Research Laboratory– [nist.gov/](https://www.nist.gov/)