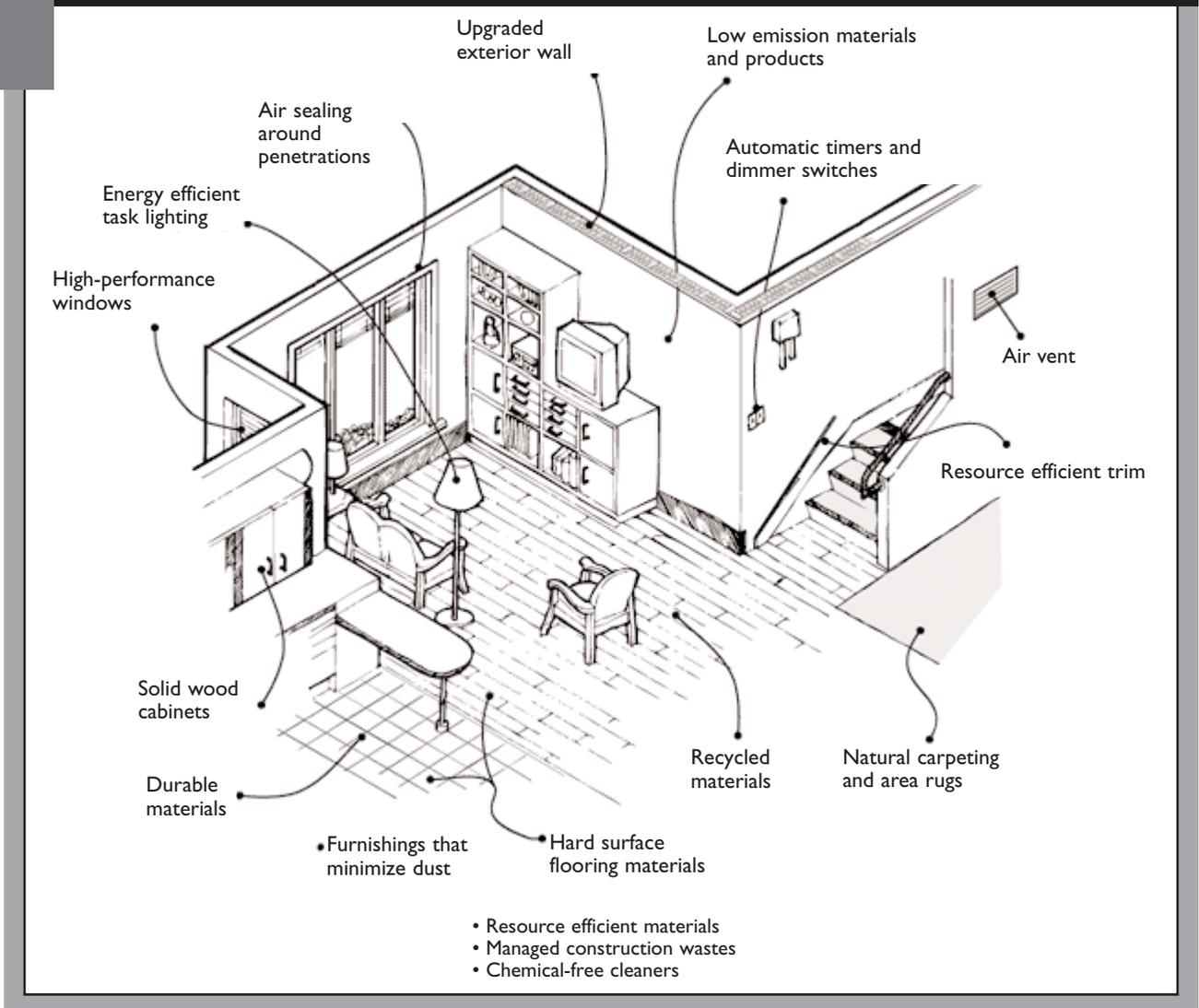


HEALTHY HOUSING™

Interiors





Occupant Health

Low emission materials and products

- When selecting materials for the interior, minimize the use of products and materials with high levels of volatile organic compounds (VOCs). Use paints, stains and sealants that don't emit VOCs. Use pre-glued or water-based adhesives for vinyl composition flooring tiles.

Natural carpeting and area rugs

- Area rugs are preferable where dust allergies or asthma are a concern since they can be removed for proper cleaning. Carpeting and underpadding made from natural fibres do not offgas.

Hard surface flooring materials

- Consider durable, inert ceramic flooring. Hardwood is another option and can be finished and maintained with low-VOC materials.

Solid wood cabinets

- Cabinets and furniture made from solid hardwood or softwood have few of the toxic characteristics of composite or synthetic materials. Some plywoods and particle boards are available without formaldehyde. If formaldehyde-based material is used, laminate or seal all edges and surfaces to reduce offgassing.

Furnishings that minimize dust

- Minimize the use of wallpaper, textured finishes and fibrous materials if allergies are a concern. Natural fibre fabrics for soft furnishings are preferred.



Energy Efficiency

Air sealing around penetrations

- Provide basic air sealing even when simply redecorating. Use low-VOC caulking and gaskets to seal around window and door openings, baseboards, electrical outlets, ventilation openings and ceiling light fixtures.

Upgraded exterior walls

- Add insulation when renovating walls. Make certain that an effective air barrier system is provided to prevent air leakage.

Energy efficient task lighting

- When redesigning, think about your lighting needs. Compact fluorescent fixtures are four times more efficient than standard incandescent bulbs. Design your lighting system to provide higher lighting levels over work areas.



Resource Efficiency

Resource efficient materials

- Emphasize renewable materials such as wood, or those made from plentiful raw materials, such as quarry tile.

Recycled materials

- Choose finger-jointed wood trim made from domestic lumber. Avoid tropical hardwoods. Where possible, use trim and interior doors from a reuse centre or demolition sale.

Durable materials

- Durable materials (hardwood or ceramic floors) last longer, minimizing the future burdening of landfill sites. Individual tiles may be replaced or worn sections of hardwood refurbished instead of replacing the whole floor.



Environmental Responsibility

Construction waste

- Reduce, reuse and recycle to minimize renovation waste.

Chemical-free cleansers

- Use materials such as hardwood floors and washable fabrics that can be maintained easily without the use of harsh chemicals.



Affordability

Life cycle analysis

- Enhanced energy efficiency will reduce the cost of operating your home. Selecting more durable finishing materials will reduce future repair and replacement expenses.

To find more *Healthy Housing™* fact sheets plus a wide variety of information products, visit our website at

www.cmhc.ca

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