

INDOOR AIR POLLUTION IS THE 9TH LARGEST GLOBAL DISEASE RISK

As established by the World Health organization.

They also suggest that indoor air pollution is contributing to 50% of illness globally.

UK Residents spend 90% of their time inside.

This is generally within the home, school or workplace but may also include bars, restaurants and shops.

Air pollution is often higher inside than outside, some factors which contribute to indoor air pollution are:

- Candle burning
- Wood and coal burning
- Air fresheners or fragrances
- Cleaning products
- Smoking cigarettes
- Emissions from furniture.



World Health
Organization

SO WHAT CAN I DO ?

Reduce the amount of indoor air pollution you are creating and increase the volume of polluted air leaving your home.

- Follow best practice when using a solid fuel stove.
- Do not smoke indoors.
- Ventilate when cleaning products/perfumes require.
- Buy low VOC furniture.
- Ensure correct ventilation in your home to allow air exchange.

TO FIND MORE INFORMATION

Visit

www.indoorairpollution.co.uk

www.nhs.uk — search for air pollution!

www.blf.org.uk — search for indoor air pollution!

www.smokecontrolsefton.co.uk

Other Handy Websites

www.hetas.co.uk

www.woodsurre.co.uk

www.coalmerchants.co.uk

www.smokecontrolsefton.co.uk

INDOOR AIR POLLUTION



0345 140 0845

Sefton Council 

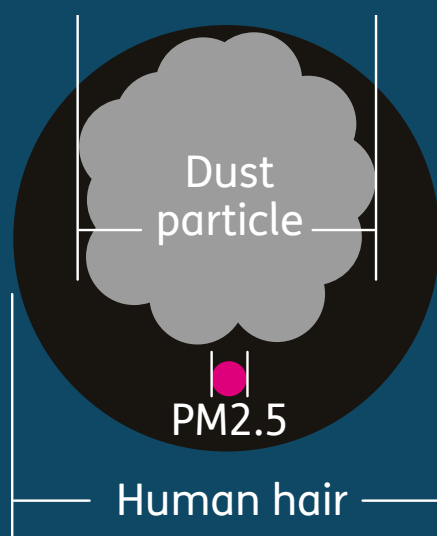
WHAT ARE THE RISKS?

One of the main problems encompassed in the term 'Air pollution' is the particulate matter suspended in the air. When these particles are smaller than 2.5 micrometers, (that's at least 30 times smaller than a human hair!) we refer to them as PM2.5.

PM2.5 are so small that they can be breathed into the lungs and enter the blood stream.

PM2.5 can be "primary" or "secondary", primary are directly emitted as PM2.5, secondary and formed from reactions in the air from alternate sources.

When children are exposed to high levels of PM2.5, it can contribute to the development of lifelong issues such as asthma or heart and lung disease in old age.



MOST AT RISK

Similarly to Outdoor Air Pollution, the vulnerable are more at risk from negative health effects. This includes:

- Children
- The Elderly
- Pregnant women
- Individuals with previous health conditions — this includes heart and lung conditions and asthma but also covers disabilities which may cause an individual to spend a larger than average proportion of time inside.

Although these are the high risk categories, everybody is at risk of illnesses related to pollution both immediately and in the long term.

HOW TO COMBAT

Ventilation—outdoor air pollution can penetrate into buildings. The building 'tightness', ventilation and resident behavior can impact on how much of this pollution is brought in and how much can escape.

A mechanical ventilation system can result in as much as 20% less indoor particulate matter.

If you do not have a mechanical ventilation system then opening a window can have a positive effect!

If you have a stove installed then correct installation and maintenance particularly of the flue ensures that the polluted air is drawn out of your home. Some larger stoves will

require extra ventilation such as an airbrick so ensure that these are not blocked.

Maintenance — particularly when using a solid fuel appliance it is important to ensure that this stove or boiler is serviced as per instructions.

This will generally include an annual service from a qualified individual, a chimney sweep at least annually but ranging up to every four months dependent upon fuel used and regular maintenance by the resident such as clearing away ash after use and ensuring the rope seal around the door remains airtight.

Behaviour — When using sprays, it is vital to ensure that the area is properly ventilated. This can include cleaning sprays and air fresheners

Personal habits such as smoking can also contribute to IAP, smoking outside will reduce exposure to pollutants as they will disperse whereas smoking indoors will allow them to stagnate in the room and build up to more toxic levels.

Building— The fabrication of a building can impact on natural ventilation and emission of pollutants.

Unfortunately, many people do not have the opportunity to change the fabrication of their home, and more affordable housing tend to have higher levels of IAP.

One way which you can reduce your future IAP is to be considerate of emissions when buying furniture and decorating your home. Pick furniture with lower levels of formaldehyde, benzene and Acetaldehyde.