



GOOD IAQ NURSERY CHECKLIST

Preparing a nursery for your baby can be daunting, especially when it comes to ensuring that it's as safe and healthy as possible. Use the checklist below as a guide to help reduce indoor air pollution in your baby's nursery and ensure that the air you and your baby breathe is healthier.



PAINT

Select paints that have been independently certified for low chemical emissions. High-emitting paints can release volatile organic compounds (VOCs) into the indoor air both during application and for months afterwards. To find certified low-emitting paints, visit www.greenguard.org and check out the GREENGUARD Product Guide.

Also, be cautious of paints and other products labeled "no VOC" or "low VOC." Despite what you might think, these labels do not refer to VOCs that can be inhaled, or VOC emissions; rather, they refer to a product's chemical content.

What's the difference?

- VOC emissions refer to the VOCs, or chemicals, that are released into the air during or after a product's use. VOC emissions can damage a home's indoor air quality because airborne chemicals can be easily inhaled.
- VOC Content refers to the concentration of VOCs in a product — in other words, the chemicals that are used to manufacture a product. A product's VOC content may affect its toxicity if ingested or mixed with food or drinking water, but products with low VOC content can still release, or emit, potentially harmful VOCs.



FURNITURE

Engineered wood, wood finishes and upholstery materials can release potentially harmful chemicals like formaldehyde, which is often used as a binding agent. Whenever possible, opt for solid wood furniture over pressed wood furniture. If this isn't possible, allow the furniture to off-gas, or air out, outside or in a space that's not heavily occupied for at least two weeks before bringing it inside.

If you choose to use antique furniture, be sure that the paint does not contain lead. If you refinish or repaint antique furniture, use only certified low-emitting finishes and paints.



MATTRESSES

New mattresses — especially crib mattresses — can be a significant source of pollutants. Crib mattresses can contain flame retardants, plastics and other synthetic materials that can release potentially harmful chemicals into the air your baby breathes. This is especially important, as children spend so much of their time in a crib. To improve the indoor air quality in your child's nursery, look for GREENGUARD Certified mattresses.



FLOORING

Flooring can have a major impact on indoor air quality due to its large surface area: the larger a product's surface area, the more VOCs it is likely to release. If your nursery plans include floor renovations, be sure to look for hardwood flooring that is GREENGUARD Certified, or, opt for carpet that is Green Label Plus Certified by the Carpet and Rug Institute.



CLEANING

Cleaning is an important element in creating and maintaining a healthy nursery. Ironically though, many cleaning products that produce that telltale "clean smell" — such as pine or citrus fragrances — can worsen indoor air quality and expose you and your family to hundreds of potentially harmful airborne chemicals. Always look for fragrance-free cleaning products and polishes. Consider chemical alternatives whenever possible. Vinegar serves as an excellent all-purpose cleaner and baking soda works well to scrub and deodorize surfaces.

Remember, the world's most comprehensive database of certified low-emitting products is available at www.greenguard.org. You'll also find an abundance of information about indoor air quality and additional tips to create healthier indoor air for you and your family.

Check out the resources below for information about toys and organic bedding.

<http://www.cpsc.gov/about/cpsia/cpsia.html>

<http://www.global-standard.org/>

<http://www.healthychild.org>

<http://www.healthystuff.org/departments/toys/>

http://www.organicconsumers.org/articles/article_15059.cfm

www.greenguard.org

