

Creating the
home you've
been dreaming
of!

DOING IT RIGHT

With help from D4 Construction

Vol. 4—# 4

The Dangers of Off-Gassing

Off-Gassing? What on earth...

Have you ever sniffed in pleasure... or maybe dismay... at that new paint, carpet, or even furniture smell in your home? Ever wondered what caused that smell?

It's called OFF-GASSING.

Many building materials used in our homes or furniture such as:

- ⇒ Paints
- ⇒ Stains
- ⇒ Varnishes
- ⇒ Carpet
- ⇒ Insulation
- ⇒ Flooring
- ⇒ Kitchen cabinets and countertops
- ⇒ Plywood
- ⇒ Particleboard
- ⇒ Paint strippers

..can release chemicals into the air through evaporation—this is called OFF-GASSING or OUTGASSING.

Now you see it... Now you're breathing it...

Ever noticed that persistent film that invariably seems to build up on your car's windows? Unfortunately for our health it's the result of chemicals offgassing into the

air and then condensing onto the windows, forming that ridiculously hard to remove film.

This very same filming process is going on in your home every day - only now these chemicals aren't just sticking to your windows but to your lungs as well - while you work, relax and even sleep.

Carpet culprit...

We're all familiar with that famous "new carpet" smell - but did you know that the smell is often the off gassing of harmful chemicals such as formaldehyde—which is known to cause burning of the eyes and nose, sore throat, headache, dizziness and even nausea? Frequent exposure to higher than normal levels of formaldehyde has been proven to cause serious long-term health hazards.

To make matters even worse the US Environmental Protection Agency has classified formaldehyde as a probable human carcinogen - it causes cancer in mice, and they believe it may very well do the same to us too.

Older carpet has its hazards as well as its a haven for sand, dirt, pet dander and dust mites.

The best solution would be to avoid carpet altogether - but that's not always possible for all of us. If you must get that new carpet find out if you can't have the provider



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Brand new furniture should be opened and kept in a well ventilated room till it's had a chance to off-gass.

open the carpet and allow it to sit in the warehouse to offgas for awhile before they install it.

It's in the paint...

Most paints contain VOCs (volatile organic compounds) that will off-gas at room temperature, as well as carcinogens and mutagens. It's a good idea to check the can for it's VOC rating but be aware that zero VOCs doesn't mean the paint is free from other harmful compounds like formaldehyde, acetone or ammonia.

The best solution is to purchase ecopaints and finishes which are not only healthier for you but will also lower your carbon footprint.

Good for the pocketbook but not your health...

Cheap furniture—so good for the budget, but so hard on the health. Did you know that the particleboard used in the construction of inexpensive furniture, and sometimes even flooring uses a formaldehyde binding?

The D4 Guarantee

D1 — Your job will be done for the price specified—there are no surprises or hidden costs.

D2 — Your job will be completed the way you want it done.

D3 — If you aren't satisfied with the finished product we'll fix it for free.

D4— All work comes with a 2-year guarantee on workmanship

The best solution? Open up the packages in your garage or other vented area and allow to offgas for a few days—up to a week before bringing it into the house.

Other ways to minimize exposure...

Ventilate: use fans to help move the air throughout your home and if at all possible open some windows ... it's important to not only move the air but to completely refresh it.

Air purifiers: use an air purifier that's specifically designed to remove airborne chemicals such as formaldehyde.

Upcoming Topics

- ⇒ Do You Have Quality Air?
- ⇒ Cleaner the Air Inexpensively
- ⇒ UV Lights

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- Protecting the value of your home
- Turning your house into your dream home
- Have remodeling questions—needs

***Then you need to call Mike Spruyt
250-572-4812***