

CHECK THE LIST



USE THIS CHECKLIST AS YOU SEARCH FOR HEALTH HAZARDS IN YOUR LODGE.

CHECK OFF THE ITEMS TO MAKE SURE YOU'VE LOOKED FOR EVERYTHING. MAKE SURE TO BRING IN PROFESSIONALS IF YOU HAVE CONCERNS ABOUT ANY HAZARDS!

KITCHEN

- ❑ **MOISTURE FROM COOKING AND WASHING DISHES**
Encourages the growth of mold and mildew.
- ❑ **PET FOOD**
Attracts bugs, rats and other pests.
- ❑ **HOUSEHOLD CLEANERS**
Some cleaners are poisonous and give off harmful vapors. Keep out of reach of children.
- ❑ **WATER PIPES AND FAUCETS**
Well water could build up bacteria, viruses and chemicals. Pipes could be made with lead.
- ❑ **PRESSED-WOOD CABINETS**
Can be a source of formaldehyde vapors.
- ❑ **UNVENTED GAS STOVE AND RANGE**
A source of carbon monoxide and combustion by-products.
- ❑ **SPILLS**
Could promote mold. Could cause someone to slip and fall.

BATHROOM AND LAUNDRY

- ❑ **BATHING, WASHING CLOTHES AND LEAKY PIPES**
can cause excess moisture and encourage mold to grow.
- ❑ **PERSONAL CARE PRODUCTS**
Gases released from chemicals in products. Could be harmful so keep away from children.
- ❑ **AIR FRESHENERS**
Gases released from chemicals in products.
- ❑ **IMPROPERLY VENTED CLOTHES DRYER**
Produces excessive moisture and dust. Moisture could encourage mold growth.
- ❑ **NATURAL GAS DRYER**
Produces carbon monoxide and combustion by-products. Possible fire hazards.

LIVING ROOM

- ❑ **PANELING, PRESSED-WOOD FURNITURE AND CABINETS**
may release formaldehyde gas.
- ❑ **CARPET**
Makes an attractive environment for dust mites. Biological pollutants can grow on water-damaged carpet. New carpet gives off fumes and gases. Watch carpet and rug edges for tripping hazards.
- ❑ **FLOOR TILES**
Some contain asbestos.
- ❑ **DUST MITES**
Found in carpet, pillows, furniture and pet beds. Dust mites can cause allergic reactions and other illnesses.
- ❑ **AIR CONDITIONER**
Make sure air conditioners are working properly and not leaking or creating moist conditions for mold growth.
- ❑ **FIREPLACES**
Carbon monoxide and combustion by-products. Check chimney, vents and flue for blockage.
- ❑ **MOISTURE**
Encourages mold growth and pests.
- ❑ **GAS OR KEROSENE SPACE HEATER**
Carbon monoxide and combustion by-products. Possible fire hazard.
- ❑ **SECOND-HAND SMOKE**
Contains carbon monoxide, combustion by-products, and harmful particle pollutants. If you must smoke, do it outside or away from others.
- ❑ **DRAPERIES**
Possibly treated with formaldehyde-based finish and give off fumes. Air out new drapes before installing them in home.
- ❑ **LEAD-BASED PAINT**
Paint made before 1978 can contain lead.

- ❑ **PETS**
Dander, hair, feathers and skin from animals can trigger allergies and provide food for dust mites.

BEDROOMS

- ❑ **HUMIDIFIERS OR VAPORIZERS (COLD MIST TYPE)**
Can encourage growth of mold, attract cockroaches, and promote infectious disease agents such as viruses and bacteria.
- ❑ **MOTH REPELLENTS**
Often contain paradichlorobenzene, a potent pesticide. Keep away from children.
- ❑ **DRY-CLEANED CLOTHES**
Gases released from chemicals used in cleaning process.
- ❑ **SMOKE DETECTORS AND CARBON MONOXIDE ALARMS**
Install a smoke detector in each bedroom. If gas or oil-burning appliances are used in the house, install carbon monoxide alarms where they are located. Combination smoke detectors and carbon monoxide alarms are available. Check batteries often, and change them once a year.
- ❑ **MEDICINES**
Make sure all medicines are safely away from children.
- ❑ **CANDLES**
Candle smoke could be an indoor air hazard, and knocking candle over could be a fire danger.

BASEMENT, UTILITY AND HOBBY AREAS

- ❑ **ASBESTOS PIPE WRAP AND FURNACE INSTALLATION**
Inspect for damage or deterioration. Do not handle any materials that contain asbestos. Call a professional for proper repair or removal.

- ❑ **GROUND MOISTURE**
Encourages mold growth and attracts pests.
- ❑ **RADON**
An invisible, odorless radioactive gas given off when uranium naturally breaks down underground. Test for radon levels and work with professionals if necessary.
- ❑ **HOBBY PRODUCTS**
Solvents, paint, glue, and other products release gas from chemicals in the products. Use non-toxic products. Keep away from children.
- ❑ **HOBBY HAZARDS**
Wood dust, adhesives, spray paint and chemical finishes all contain hazardous particles and fumes.
- ❑ **GAS OR OIL FURNACE, BOILER OR WATER HEATER**
Check for proper connections and ventilation to avoid carbon monoxide and combustion by-products from flowing back into the house.

GARAGE

- ❑ **CAR OR SMALL ENGINE EXHAUST**
is a source of carbon monoxide and combustion by-products.
- ❑ **PAINT, SOLVENTS, AND CLEANING SUPPLIES**
May release harmful fumes and can be poisonous. Keep away from children.
- ❑ **PESTICIDES, FERTILIZER, AND OTHER LAWN CARE PRODUCTS**
Can have harmful fumes and be very poisonous if ingested or touched. Keep away from children.
- ❑ **STORED FUELS**
Gasoline, kerosene, and oil give off harmful fumes and are very toxic if touched or ingested. Possible fire hazard. Keep away from children.

DID YOU CHECK EVERYTHING OFF THE LIST?



For more information on any of the health hazards on this list, please go to:
www.tribalhealthyhomes.org