



## CHEMICALLY CLEVER LIVING ROOM – ADVISE FOR A KICK START

### - **Boycott brominated**

Opt out furniture and textiles processed with flame retardants, either brominated or others you don't have any knowledge about. Upholstered furniture from the 1970s, 80s and 90s are the worst and should be replaced. Natural materials do not catch fire as easily. Ask for ecolabels and furniture without flame retardants – they do exist.

### - **Avoid fluorinated**

When it comes to stain resistant and water repellent textiles, carpets and floor wax, check what substances have been used. Choose a couch with a removable coating that can be washed. Certain materials, like wool, are naturally stain resistant.

### - **Ventilate the TV**

Studies show that ordinary Flat Screen Televisions may contain for instance flame retardants, arsenic, phthalates and lead. When you buy a new TV: choose an eco labeled one, and keep it in stand by mode in a well ventilated room a couple of weeks to get rid of the worst emissions. After that: turn off when not in use.

### - **Light the stearin**

Choose candles of stearin instead of the ordinary and cheaper paraffin ones, and get cleaner air indoors and decreased emissions of carbon dioxide. Avoid scented candles (allergenic) and jelly candles with metallic thread in the wick – they often contain lead.

### - **Keep an eye on the lamps**

If a CFL (compact fluorescent lightbulb) breaks: vacate the room until the mercury has been cleaned away. If the broken lightbulb is hot, vaporized mercury is emitted in the air. Wait 20-30 minutes until the fumes has been ventilated. Collect the mercury pearls in a jar, clean with a damp cloth and let the cloth go along with the mercury to the recycling station. Don't vacuum-clean, since the mercury will spread in the air. LED-lamps contain problematic metals too, but they last for a long time and most of the materials can be recycled.

### - **Put nature on the floor**

Carpets often contain many chemicals. When you have the chance: invest in unprocessed natural materials like sisal and wool (wool is naturally fire resistant, stain resistant, insulating and durable) or recycled cotton, like in homespun rugs. Ask for ecolabels. Choose carpets small enough to be easy to wash or whip, and with fabric underneath instead of plastic.

### - **Build a jungle - purify the air**

Pot plants like aralia, spider plant and bamboo palm absorb formaldehyde. Other natural air fresheners are gerbera, chrysanthemum and rubber plant.

### - **Dare to ask**

Eco labeled furniture is still uncommon and often expensive. But natural materials often contain less chemicals. When shopping: ask questions. The consumer has the right to know if a product contains more than 0,1 % of some of the substances named on EU's so called candidate list, listing substances of very high concern. The store has to find out and inform you in 45 days.

