



The Toxic Home Checklist

Living Room

- alcoholic beverages
- artificial light
- ionization-type smoke detectors
- fireplace
- furniture/floor polish
- gas heater
- houseplants
- kerosene heater
- particleboard furniture
- electromagnetic fields
- wood stove
- spot remover
- synthetic wall-to-wall carpet
- carpet/upholstery shampoo
- tobacco smoke
- urea-formaldehyde foam insulation

Kitchen

- aluminum cookware
- ammonia/all-purpose cleaners
- artificial sweeteners
- asbestos-vinyl floor tiles
- chlorinated scouring powder
- dishwasher detergent
- dishwashing liquid
- drain cleaners
- dried fruits
- fish and seafood
- gas appliances
- insecticides
- microwave ovens
- no-stick cookware
- oven cleaner
- particleboard cabinets
- plastic clock
- plastic drinking glasses
- plastic food wrap and storage containers
- plastic lighting fixtures
- plastic telephone
- processed foods
- rat and mouse killers
- silver polish and other metal cleaners
- supermarket eggs
- supermarket meat
- supermarket milk
- supermarket produce
- vitamin and mineral supplements
- canned food
- tap water
- chocolate and coffee
- store-bought water in plastic bottles

Adapted from:

Debra Lynn Dadd, (1992). *Non-Toxic Home and Office*. Jeremy P. Tarcher, Inc.



Bathroom

- aerosol hair spray
- air fresheners
- antiperspirants
- astringents
- bubble bath
- contact lenses
- cosmetics
- dandruff shampoo
- denture cleaners
- deodorant soap
- drugs and medications
- feminine deodorant spray
- feminine douches
- fluoride mouthwash
- fluoride toothpaste
- germ-killing disinfectants
- glass cleaner
- hair color
- hair-removal products
- hair-styling mousse
- mold and mildew cleaners
- nail polish/nail-polish remover
- perfume and aftershave
- permanent waves
- scented toilet paper
- superabsorbent tampons
- talcum powder
- vinyl shower curtain

Laundry Room

- chlorine bleach
- do-it-yourself dyes
- fabric softeners
- laundry detergents
- spray starch

Bedroom

- children's sleepwear
- contraceptives
- disposable diapers
- dry-cleaning
- fireproofed synthetic mattresses
- mothballs
- no-iron bed linens
- nylon stockings
- permanent-press clothing
- plastic baby pants
- plastic baby toys
- plastic raincoat and umbrella
- vinyl shoes and handbags

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The Toxic Office Checklist

- asbestos building materials
- cleaning products, including air fresheners, ammonia and all-purpose cleaners, chlorinated scouring powder, dishwashing liquid, disinfectant, drain cleaner, furniture and floor polish, glass cleaner, mold and mildew cleaner, rug shampoo and spot remover
- electromagnetic fields
- junk food snacks, instant meals, and other processed, packaged foods
- microwave ovens
- paper towels and napkins
- pesticides
- radon
- synthetic wall-to-wall carpet
- tap water
- urea-formaldehyde foam insulation

You will also want to check and change the following hazards:

- adhesives
- artificial lighting
- coffee
- computers
- copy machines and computer printers paper
- particleboard furniture and space dividers
- permanent ink pens and markers
- polystyrene cups
- second-hand tobacco smoke
- synthetic office carpet
- typewriter correction fluid
- ventilation systems

Adapted from:

Debra Lynn Dadd, (1992). *Non-Toxic Home and Office*. Jeremy P. Tarcher, Inc.