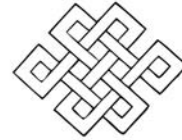




EHS-International, Inc.



HEALTHY BUILDINGS, INC

13228 NE 20th Street, Suite 100, Bellevue, Washington, 98005-2049
Phone: 425-455-2959 Fax: 425-646-7247
www.ehsintl.com

**Reduce Pollutant Levels and Improve the Health of Your Home in One Easy Step:
Install Smooth Flooring**

By Liz Nielsen
Healthy Buildings, Inc.

So you're contemplating remodeling. Now is the time to ask yourself the big question; To carpet or not to carpet. Indoor Air Quality experts and many health professionals are likely to answer in the negative.

There are two primary problems with carpets:

- One is a chemical problem. Most carpets appear to emit chemicals that can cause headaches and make some individuals sick.
- The other problem is a physical one: it is almost impossible to really clean wall-to-wall carpet.

We will focus primarily on the second problem, cleaning. Carpeting is one of the most common and perhaps the most important reservoir of allergens and other dust particles found in residential or commercial settings. Dust is composed of dust mites and their feces, cat and dog allergens, insect parts, human skin flakes, mold spores, dirt, lead, pesticides, and all sorts of other things people do not want to breathe.

Dust levels tend to build up in rugs even though they are vacuumed regularly creating a "sink" for biological and chemical pollutants in your home. On the other hand, smooth surfaces, such as cork or wood flooring, can be easily and effectively cleaned.

As Indoor Air Quality professionals, we always recommend smooth flooring over carpeting. In addition, with pre-finished hardwood, cork, and laminates, the problem of dust (from sanding) and chemicals (from finishing) is practically eliminated.

Whether you have allergies or you just want to reduce your exposure to pollutants, smooth flooring is a giant step in that direction.

EHSI-Healthy Buildings, Inc. is the Pacific Northwest's leading air quality consulting firm, with more than thirty years experience in environmental engineering, building design and construction, and indoor air quality consulting.

EHSI-Healthy Buildings' services include healthy home specifications and material review, home and building IAQ inspections, testing, including microbial lead, asbestos, VOCs, formaldehyde, and radon, and IAQ consulting for architects, engineers, home owners, and builders.