

SALTIRE
SAFETY



Green Living and Safety

Eco-Friendly Practices for a Healthy
Home

Green Living & Safety

Green Living and Safety: Eco-Friendly Practices for a Healthy Home

Are you looking to make your home healthier and more environmentally friendly? Small changes can make a big difference for both your family's health and the planet. Here are some top tips for green living and safety around the house.

Go Natural with Cleaning Products

Many conventional cleaning products contain harsh chemicals that can irritate eyes and skin. Fortunately, there are plenty of natural cleaning options that work just as well without the nasty side effects. Two favourites are vinegar and baking soda - they can clean almost anything! Mix some vinegar with water in a spray bottle for an all-purpose cleaner, or sprinkle baking soda on surfaces before scrubbing to cut through grease and grime.

Be Strategic with Lighting

Lighting accounts for around 15% of an average home's electricity use. Swap out those old incandescent bulbs for LEDs that use at least 75% less energy and last 25 times longer! Place lights in areas where you need illumination the most, and installing dimmers, motion sensors, and timers to reduce energy waste. During the day, let the sunshine in and turn lights off in unused rooms.

Manage the Thermostat

Heating and cooling systems account for 50% of a home's energy costs. Wear a cozy sweater in winter and set the thermostat to 68°F during the day (lower at night). Programmable thermostats make it easy to regulate temperature. Proper insulation also keeps indoor air more moderate.

Conserve Water

The average family uses 300 gallons of water per day! Set limits by taking shorter showers, turning off the tap when brushing teeth, and running full loads in the washing machine and dishwasher. Install low-flow taps and shower heads to restrict water volume. Collect rain in barrels for gardening needs. And be sure to fix any drips and leaks right away.

Choose Eco-Friendly Materials

When it's time for DIY or repairs, select sustainable materials like bamboo flooring, recycled rubber tiles, natural fibre carpeting, cork, and wood from responsibly managed forests. Insist on low/no VOC paints and stains to maintain healthy indoor air quality. Properly disposing of hazardous household items like chemicals, bulbs, and batteries also protects the environment.

Grow Some Green

Having plants in your home purifies the air, reduces stress, and adds beauty. Succulents, aloe vera, peace lilies, and snake plants are great options for beginners. Herbs like basil, oregano, and mint are easy to grow indoors and double as ingredients for cooking! Place plants in bright, sunny spots and remember to water regularly.

Let Fresh Air Flow

Without proper ventilation, pollutants can build up inside your home. Open windows regularly, use extractor fans when cooking and showering, and consider installing a whole house ventilation system. Air filters can also remove allergens and dust. Getting some fresh air each day has health benefits too!

Use Sustainable Garden Care

Petrol powered garden tools emit high levels of pollution. Electric and manual options like mowers, trimmers, blowers, and rakes are cleaner alternatives. Maintain your lawn with natural fertilisers like compost. Water early in the morning to reduce evaporation. Plant trees, shrubs, and grasses that thrive in your local climate.

Know Home Toxins

Watch out for asbestos, lead, radon, and mould - toxins linked to lung disease and cancer. Test kits are available to identify risks in your home. If issues are found, take steps to properly remediate them. Also beware of toxins in cleaning products, furnishings, cosmetics, and building materials. Seek out non-toxic versions whenever possible.

Store Hazardous Items Safely

Keep medicines, cleaning chemicals in locked cabinets out of children's reach. Safely dispose of old hazardous household items so they don't end up in landfills.

Prioritise Renewable Energy

Solar panels and wind turbines allow households to generate their own clean electricity. If these aren't options for your home, you can still "buy green" through your local utility's renewable power program. The key is reducing reliance on fossil fuel-generated electricity.

I hope these tips get you started on your green living journey!

Little changes implemented gradually can make a big difference. Eco-friendly practices not only help the planet, but also create a healthier and safer home for your family.