

WWF – UK

家庭における化学物質と健康

生活の場面ごとに

-避けるべきこと

-推奨できること

-行動を変えるべきこと

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CHEMICALS AND HEALTH

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Chemicals and health in the home



Avoid

- [synthetic](#) carpets, carpet underlay or upholstery with [synthetic](#) foams, foam rubber, latex or plastic coverings, because these emit [VOCs](#) ;
- chemical finishes such as stain repellents and [brominated flame retardants](#) on furniture or carpets;
- re-carpeting or ripping out carpets if you are pregnant.

Buy

- carpets made from organic natural fibres such as wool, cotton, rattan or jute;
- curtains, carpets or upholstery containing little or no [brominated flame retardants](#) or stain repellents;
- computers and monitors carrying the TCO 95 eco-label, which limits the amount of brominated flame retardant in the product.

Change

...furniture, televisions, other electrical appliances, carpets and rugs often contain chemicals that are stain repellent or fire retardant. Some chemicals used as flame retardants ([brominated flame retardants](#)) persist for a long time in the environment, accumulate in our bodies and can disrupt our natural hormone systems. Not all of these chemicals or products can be avoided, of course, but we can reduce our exposure to them in the living room.

Volatile organic chemicals ([VOCs](#)) are a range of chemicals, many of which have hazardous properties. Some are carcinogenic and can irritate our lungs, and some may also be greenhouse gases which contribute to climate change.