

Carbon Dioxide in your Home

Carbon dioxide is harmless to humans at low levels, but elevated values can lead to a range of health problems including headaches, fatigue, and breathing difficulties.

So what causes an excess of carbon dioxide in your home?

Over-Sealing

As builders become more concerned with energy efficiency, they are building homes virtually airtight. This build up and carbon dioxide and other toxic indoor air pollutants.

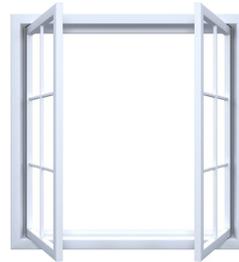
Fossil Fuel Combustion

Combustion of fossil fuels such as wood, coal, oil, charcoal and gas lead to the production of carbon dioxide.

Fireplace and wood stove chimneys need to be regularly cleaned and inspected to reduce the risk of blockages. Use exhaust fans in kitchens where gas stoves are used.

Over-Crowding

Since humans exhale carbon dioxide as part of respiration, overcrowded houses may lead to elevated levels of CO₂ leading to significant effects upon health.



Naturally ventilate your home to reduce carbon dioxide by leaving windows and doors open to let fresh air in.

Soil Capping

Carbon dioxide occurs naturally in soil as a result of decomposing organic matter. Homes built in the countryside, especially on previous farm sites, may be susceptible to elevated carbon dioxide due to the previous use of fertilizers. It can be sucked into the house due to the air pressure difference between the soil and the home.

How much CO₂ is OK?

Normal Levels

250-350 ppm: background (normal) outdoor air level

350-1,000 ppm: typical level found in occupied spaces with good air exchange

Elevated Levels

1,000-2,000 ppm: level associated with complaints of drowsiness and poor air

High Levels

2,000-5,000 ppm: level associated with headaches, sleepiness, and stagnant, stale, stuffy air; poor concentration, loss of attention, increased heart rate and slight nausea may also be present.

Heat Recovery Ventilator

A heat recovery ventilator reduces carbon dioxide levels in the home by sending stale, indoor air out while bringing fresh outdoor air in. The technology in the ventilator allows the incoming outside air to be warmed by the indoor air exiting. The result is clean, warm air in your home.

