Formaldehyde is not forbidden and there is a maximum of the substance allowed. Furthermore, there are several governmental decisions for formaldehyde substances. Additionally, there are several are all subjected to the REACH regulation. Many renovating materials, housekeeping and household materials and furniture. This guide is meant to create awareness about the possible existence of certain harmful chemicals in furniture and renovating tools. WECF gives advice on how to avoid harmful substances and on how to find alternatives for your baby.

How can you use this guide?

This guide is meant to create awareness about the possible existence of certain harmful chemicals in furniture and by the manufacturers. Support our work.

For more information visit the websites: www.wecf.eu, www.projectnesting.org For more information visit the websites: www.wecf.eu, www.projectnesting.org

General tips

1. Feel free to ask questions in shops! Have the right. The REACH regulation allows retailers 45 days to react to questions about the presence of certain toxic chemicals in the products you buy.
2. Ask experts! They will be happy to help you choose or can refer you to someone else.
3. Ventilate, ventilate, ventilate! Always ventilate and air when opening all doors and windows at the same time.
4. Do not trust the ‘green’ claims of the producers. Use products that were tested by an independent laboratory, i.e., not by the producers themselves. Labels can be used as a guide when choosing safe products, despite the language problem.
5. Do not expose your children and household with wooden surfaces to areas of dense formaldehyde. Cleaning products for wood can make the situation worse.
6. Respirate, ventilate, ventilate! Fresh air ventilates and is regularly changing in the areas where you spend most of your time. Air is a powerful weapon. Airing is very important during and after the renovation to let contaminated air out. Make sure there is constant ventilation in the rooms and out at least 3 times a day for 5-10 minutes.
7. Buy all baby products – cot, carriage, car seat, mattress – regularly: when opening all doors and windows at the same time.
8. Wash all products – also cuddly toys – a couple of times depending on what they guarantee.
9. Regularly: when opening all doors and windows at the same time.
10. Avoid accumulation of harmful substances and dust indoors.

Toxic chemicals

Possible health & environmental effects Type Application

Fertilizers
- Irritation of eyes and skin, toxic to reproductive system, system, endocrine system and reproductive system
- Harmful to reproduction, unborn child, causes skin irritation and exzema
- Harmful to reproduction, unborn child, causes skin irritation and exzema
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Industrial solvents
- Irritation of eyes and skin, toxic to reproductive system, system, endocrine system and reproductive system
- Harmful to reproduction, unborn child, causes skin irritation and exzema
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Paint and dye, PVC, leather, t-shirt prints, diapers, tent cloth, textile, particleboards furniture, laminate, textiles and leather

PVC
- Irritation of eyes and skin, toxic to reproductive system, system, endocrine system and reproductive system
- Harmful to reproduction, unborn child, causes skin irritation and exzema
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Plastics, t-shirt paints, acids, resins, detergents, paint and varnish remover, hydraulic liquids

Paint
- Irritation of eyes and skin, toxic to reproductive system, system, endocrine system and reproductive system
- Harmful to reproduction, unborn child, causes skin irritation and exzema
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Protect children! Avoid harmful substances!
Is draft and mould free.
Is not situated too close to an open window.

Choose preferably a room that:
- has enough space for all furniture.
- has electricity, gas and water for the room.

Furniture, textiles and materials can contain a number of harmful substances. The presence of harmful substances in the home can cause respiratory problems, irritation of the skin, nervousness, irritability, headaches, allergies, cancer and birth defects, learning disabilities, thyroid disorders, behavior problems and even irreversible impact. These substances can affect many organs and therefore prolong the body’s excretion times.

Children are more sensitive to chemical substances because their entire body (immune system, nerve system, brain, organs) is developing and not yet mature. The baby’s skin is not only more vulnerable (the barrier function of the skin is not completely formed), it is also more permeable than an adult skin. A baby breathes much more quickly than an adult and the lungs are not yet capable of detoxing all substances in the same quantities. If a hormone disrupting substance is inhaled, this can have a negative, even irreversible, impact. In this way, chemicals can change the stages of the endocrine system, and in the long run, have an effect on the reproductive organs, as well as on the behaviour of the child.

Protect children – Avoid toxic chemicals!

Why are children particularly vulnerable?
Children are more sensitive to chemical substances because their entire body (immune system, nerve system, brain, organs) is developing and not yet mature. Moreover, children do not yet have the physical ability to avoid toxic chemicals. Babies and young children are exposed to numerous chemicals everyday through products they use. Prolonged contact – for example while sleeping and playing on the floor – enhances penetration/inhalation into the body. Babies and young children can easily enter the body through the skin, but also through inhalation and mouth contact. The baby's skin is not yet fully developed, which is also more permeable than an adult skin. Babies and young children are exposed to toxic chemicals everyday through products they use. Prolonged contact – for example while sleeping and playing on the floor – enhances penetration/inhalation into the body.

Textiles and materials

Matresses that have been shipped, for example from China contain different substances. These can enter the skin and make them wrinkle and stain free. Additionally, there is a risk of the textiles themselves being labelled with "wash before first use"; this may mean that the mattress under the sheet.

• Avoid textiles that are labelled with "wash before first use"; this may mean that the mattress under the sheet.

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Tips!
- Wash all textiles around twice before use, so that you wash away the harmful substances.
- Choose smooth textiles or shades over bright and metallic. Bright and metallic textiles are often made from lead paints.
- Take a new mattress straight out of the wrapping and let it air for at least 5 days.
- Once in a while, turn the mattress at least once a week. This will improve your sleep patterns against tear: put a mattress cover on the outside of the mattress. This will prevent the mattress cover from being damaged.
- Keep fresh air in the room regularly.
- Avoid textiles that are labelled with "wash before first use"; this may mean that mouldy paint is present on the floor.

Tips!
- You can buy formaldehyde free materi- als in eco-certified stores.
- Look for second hand furniture of real wood, not engineered wood.
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Tips!
- Vacuum and mop the floor regularly
- Aired before the baby arrives.
- The upper side of a closet should be kept dust free.
- Kiln dried wood.

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