

# Bitesized Health & Safety Tips Indoor Pollution

Indoor pollution can increase during the winter due to reduced ventilation and increased use of heating appliances.

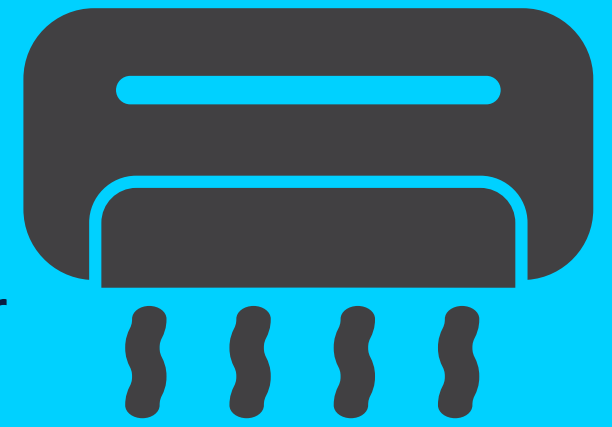
## Indoor plants

Introduce indoor plants that can help improve air quality, such as spider plants, peace lilies, aloe vera or snake plants..



## Ventilation

- Regularly ventilate your church by opening windows and doors, even if it's just for a few minutes each day.
- Use fans in kitchens and toilets to remove pollutants.
- Consider using air purifiers with HEPA filters to capture particles like dust.



## Humidity Control

Use dehumidifiers to control indoor humidity levels, as excessive moisture can lead to mould growth and worsen air quality.



## Regular Cleaning

- Dust and vacuum regularly to reduce the accumulation of dust mites and other particles.
- Clean and replace air filters in heating systems regularly.
- Opt for natural and non-toxic cleaning products to reduce the emission of harmful chemicals into the air.



## Heating

- Ensure proper maintenance of heating appliances to prevent the release of harmful pollutants.
- Use clean and efficient heating methods, such as electric or gas heaters.

