Home Air Analysis For: Recent renovation
Home Tested: 123 W. Maple Ave.
Boston, MA 25478

Sampling Professional: Alex Carter
Air Quality Inspections
3212 NW 12th St.
Baltimore, MD 21224
U.S.A.

Client Sample ID: Kitchen
Sample Volume (L): 5.0
Date Sampled: 03/02/2017
Sample Type: TDT 112J
Sample Condition: Acceptable

Formaldehyde Concentration: 19 ng/L (16 ppb)

Your Formaldehyde Level (Highlighted)

Low < 20 ng/L
Moderate 20-50 ng/L
Elevated 50-100 ng/L
High > 100 ng/L

Recommendation: No significant formaldehyde issues.

All IAQ Survey Formaldehyde Results

This chart represents the Formaldehyde distribution of over 7,000 samples.
Approximately half the samples have concentrations in the 30-70 ng/L range.

The chart above shows the formaldehyde concentrations for all homes tested using IAQ Home Survey. Results for this air sample are displayed on the chart as a yellow circle. The blue curved line represents the relationship between the percentage of homes (indicated on the vertical y-axis) and the formaldehyde concentration (indicated on the horizontal x-axis). The green, yellow, orange, and red vertical bars represent divisions between Low, Moderate, Elevated, and High formaldehyde concentrations.

Formaldehyde concentrations can vary depending on environmental conditions such as temperature, humidity, and ventilation rate. As temperature and humidity increase, the formaldehyde concentration will increase and as the ventilation rate increases, the formaldehyde concentration will decrease.

Prism Analytical Technologies, Inc., the creator of IAQ Home Survey, has been performing air quality assessments to industry and environmental consultants since 1995. Prism Analytical Technologies, Inc. (ID 166272) is accredited by the AIHA Laboratory Accreditation Programs, LLC (AIHA-LAP, LLC) in the Unique Scope accreditation program for Formaldehyde as documented by the Scope of Accreditation Certificate and associated Scope. Reference Internal SOP 523.
Formaldehyde Exposure Guidelines for Homes

Although there are no requirements set for formaldehyde concentration limits in homes, there are a number of recommendations that may be useful. Many organizations or government authorities suggest formaldehyde concentrations not exceed 100-120 ng/L (80-100 parts per billion or ppb) and 50-60 ng/L (40-50 ppb) for short term and longer term exposures, respectively. Some organizations or government authorities recommend more stringent levels for longer term exposures. In general, formaldehyde concentrations should be kept as low as reasonably achievable. Most homes measured by Prism's air test have concentrations in the range of 30 to 70 ng/L.

For an occupational exposure reference, the National Institute for Occupational Safety and Health (NIOSH) has set a recommended exposure limit (REL) of 20 ng/L (16 ppb). The Occupational Safety and Health Administration (OSHA) has set a workplace permissible exposure limit (PEL) of 940 ng/L (750 parts per billion).

The table below provides some information on the variety of recommendations for home environments.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Concentration (ng/L)</th>
<th>Year Issued</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHO</td>
<td>100</td>
<td>1987</td>
<td>0.5 hour</td>
</tr>
<tr>
<td>LEED*</td>
<td>32</td>
<td>1999</td>
<td>4 hour</td>
</tr>
<tr>
<td>California</td>
<td>94</td>
<td>2004</td>
<td>1 hour (acute)</td>
</tr>
<tr>
<td></td>
<td>33</td>
<td>2005</td>
<td>8 hour (interim)</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td>Annual average (chronic)</td>
</tr>
<tr>
<td>Canada</td>
<td>120</td>
<td>2005</td>
<td>1 hour</td>
</tr>
<tr>
<td></td>
<td>50</td>
<td>2005</td>
<td>8 hour</td>
</tr>
<tr>
<td>UK</td>
<td>100</td>
<td>2004</td>
<td>0.5 hour</td>
</tr>
<tr>
<td>Germany</td>
<td>120</td>
<td>1977</td>
<td></td>
</tr>
<tr>
<td>France</td>
<td>50</td>
<td>2008</td>
<td>2 hour (proposed)</td>
</tr>
<tr>
<td></td>
<td>10</td>
<td></td>
<td>Long-term (proposed)</td>
</tr>
<tr>
<td>Norway</td>
<td>100</td>
<td>1999</td>
<td>0.5 hour</td>
</tr>
<tr>
<td></td>
<td>60</td>
<td>1990</td>
<td>24 hour</td>
</tr>
<tr>
<td>Australia</td>
<td>100</td>
<td>2009</td>
<td></td>
</tr>
<tr>
<td>China</td>
<td>100</td>
<td>2003</td>
<td>1 hour</td>
</tr>
<tr>
<td>Japan</td>
<td>100</td>
<td>1997</td>
<td>0.5 hour</td>
</tr>
<tr>
<td>Hong Kong</td>
<td>100</td>
<td>2003</td>
<td>Good</td>
</tr>
<tr>
<td></td>
<td>30</td>
<td></td>
<td>Excellent</td>
</tr>
</tbody>
</table>

Sources:
Saltheimer et al., Chem Rev., 2010, 110, 2536-2572 (for all except as listed below)
* Green Building Council Leadership in Energy & Environmental Design (LEED)

Note: Concentration can be expressed in several ways and various organizations may use different units.
1 ng/L = 1 μg/m³ = 0.001 mg/m³
1 ppb = 0.001 ppm
To convert between the two sets of units listed above the molecular weight of formaldehyde must be used, which produces the conversion factors below:
ppb concentration = ng/L concentration * 0.8 or ng/L concentration= ppb concentration * 1.25

Major Health Effects of Formaldehyde Exposure

Health effects vary depending on the individual. Common symptoms of acute exposure include irritation of the throat, nose, eyes, and skin; this irritation can potentially exacerbate asthma symptoms and other respiratory illnesses. Long term, or chronic, exposure may also cause chronic runny nose, chronic bronchitis, and obstructive lung disease. In 2004, the International Agency for Research on Cancer (IARC) reclassified formaldehyde from "probably carcinogenic to humans" to "carcinogenic to humans" related to nasopharyngeal cancer. Since many factors are involved in the development of cancer, no definitive "safe level" of exposure has been established. The best way to reduce the risk of cancer is to limit exposure.
Formaldehyde Sources

There are many possible sources for formaldehyde in a home, although building products typically make up a large proportion of the concentration. Any recent renovation or new materials brought into the home is likely to increase the formaldehyde levels. The concentration will decrease over time as the materials off gas, so increasing the ventilation as much as possible is typically the best way to quickly decrease the formaldehyde in your home after recent renovation or installation of new materials.

- Products that contain urea-formaldehyde (UF) resins
  - particleboard, hardwood plywood paneling, medium density fiberboard
- Products that contain phenol-formaldehyde (PF) resins (lower concentrations of formaldehyde than UF resins)
  - softwood plywood, flake or oriented strand board
- Pre-finished engineered flooring
- Insulation
- Glues and adhesives
- Paints and coatings
- Textiles
- Disinfectant cleaning products and soaps
- Preservatives
- Personal care products, especially certain hair products
- Cosmetics
- Pet care products
- Bactericides and fungicides
- Combustion byproduct (burning)
  - Tobacco smoke and fuel-burning appliances (gas stoves, kerosene space heaters and fireplaces)

Formaldehyde is also produced naturally in living systems, e.g., trees and other plant life, and during decay and combustion processes. Formaldehyde is also involved in atmospheric processes. Outdoor concentrations of formaldehyde from both natural and man-made sources can range from less than 1 ng/L in remote areas to 10-20 ng/L in urban environments.

Additional Resources

Europe: [Report No. 7-Indoor Air Pollution by Formaldehyde in European Countries (1990)](#)
Health Canada: [Residential Indoor Air Quality Guideline-Formaldehyde](#)
Environmental Health (US) - [Formaldehyde Exposure in Homes: A Reference Guide for State Officials to use in Decision Making](#)
US Environmental Protection Agency: [Formaldehyde](#)
US Agency for Toxic Substances and Disease Registry (ATSDR): [Formaldehyde ToxFAQs™](#)
US National Institutes of Health (NIH): [ToxTown: Formaldehyde](#)
Chemical Reviews (Journal): [Formaldehyde in the Indoor Environment](#)
Household Products Database: [Formaldehyde](#)