

If you heat with wood,
here are a few tips:

Never heat with wood during a
smog warning unless, of course,
you have no alternative source of heat.

Reduce the use of your wood stove
to a minimum, even when air
quality is good or acceptable.

Never burn garbage, plastic,
cardboard, or green, painted or
treated wood.

Familiarize yourself with your
municipality's regulations
regarding wood heating.

Burn only clean, dry wood.

Replace your stove with an EPA
certified appliance.

Did you know that, when burnt,
densified logs, made only with
sawdust, produce less smoke than
natural logs?

For more information,
call 1-800-463-4311
or visit the following sites:

www.ec.gc.ca/cleanair-airpur

[www.santepub-mtl.qc.ca/
Environnement/chauffage/index.html](http://www.santepub-mtl.qc.ca/Environnement/chauffage/index.html)

[www.ville.montreal.qc.ca/
environnement/chauffageaubeis](http://www.ville.montreal.qc.ca/environnement/chauffageaubeis)



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Agence de la santé
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Chauffage au bois : Pleins feux sur la santé!

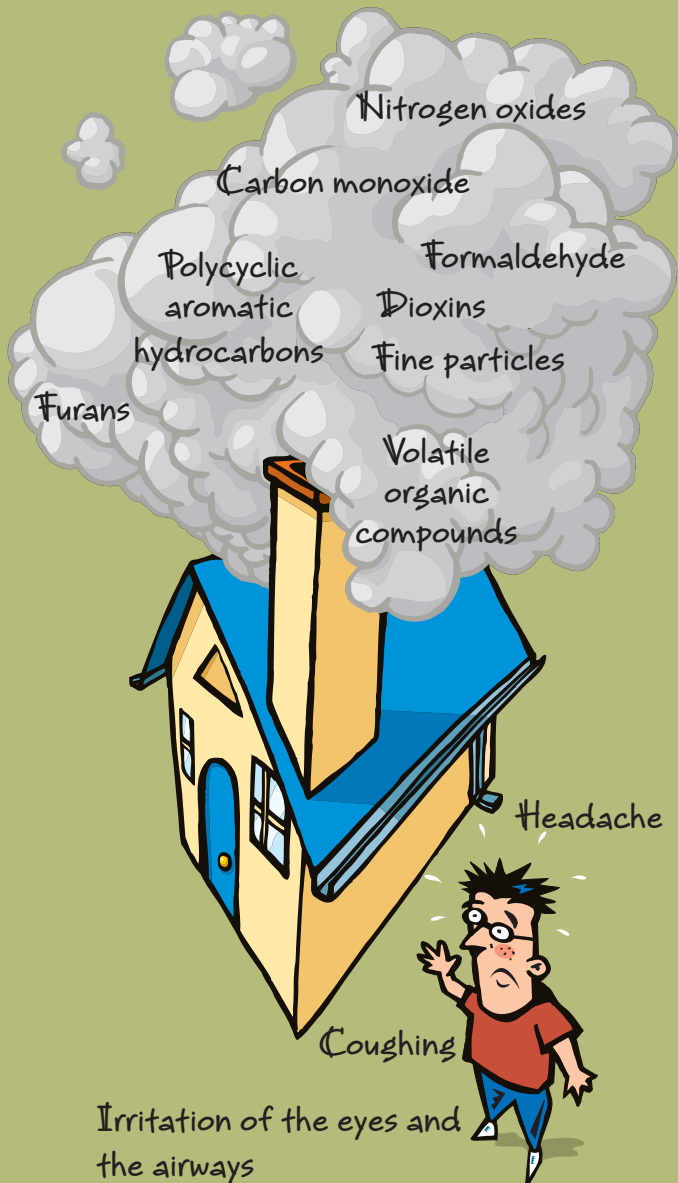
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Wood heating

A burning health issue!

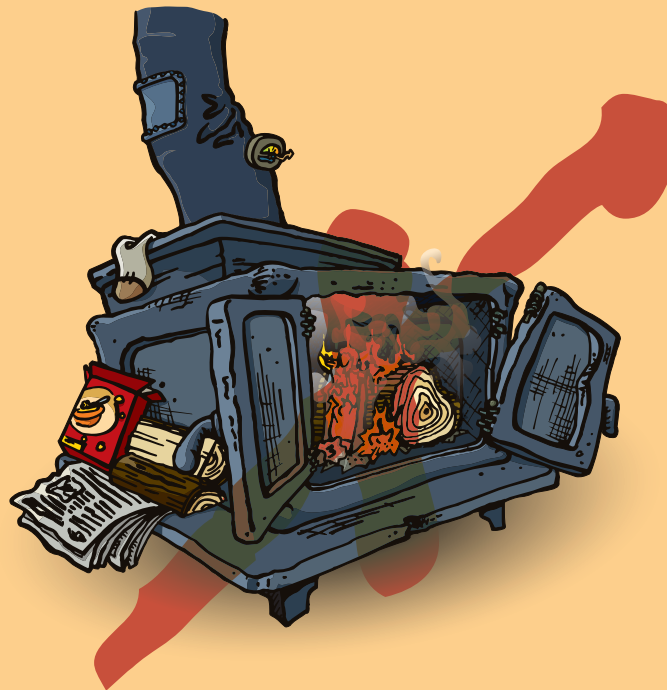
Wood smoke: Hazardous to your health!

The air we pollute is also
the air we breathe...



Small particles, big worries!

Wood smoke comprises more than 100 different toxic substances. These substances can penetrate deeply into your lungs. Furthermore, scientific studies show that some of these substances are carcinogenic. The young and the elderly are more vulnerable, as are individuals suffering from heart or respiratory diseases that can be aggravated by these pollutants.



Good practices!

You can reduce wood smoke emissions both into your home and to the outdoors by:

- Heating only when necessary.
- Using only clean, dry wood.
- Making a small, hot fire.
- Maintaining a good air supply into your wood stove to allow more efficient combustion.
- Using an appliance certified by the EPA (United States Environmental Protection Agency).

