

Protect Against Exposure on Formaldehyde

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How you can protect yourself and your family from formaldehyde exposure

Reduce formaldehyde products in your home:

- Consider purchasing composite wood products certified as compliant with ANSI/HPVA HP-1-2009 (for hardwood plywood), ANSI A208.1-2009 (for particleboard), or ANSI A208.2-2009 (for medium-density fiberboard). These standards include limits on formaldehyde emissions.
- Consider purchasing composite wood products that are certified as compliant with the California Air Resources Board Airborne Toxic Control Measure to Reduce Formaldehyde Emissions from Composite Wood Products.
- The EPA has also issued [proposed regulations](#) to set limits on how much formaldehyde may be released from composite wood products.

EPA has issued these [questions and answers](#) to address formaldehyde concerns with laminate flooring. See also the [PDF version](#) (4 pp, 256 K, [About PDF](#)).

Use air conditioning and dehumidifiers

The rate at which formaldehyde is released is accelerated by heat and may also depend somewhat on the humidity level. Therefore, the use of dehumidifier and air conditioning to control or reduce humidity and to maintain a moderate temperature can help reduce formaldehyde emissions (drain and clean dehumidifier collection trays frequently so that they do not become a breeding ground for microorganisms).

Increase ventilation

Increasing the rate of ventilation in your home, particularly after bringing new sources of formaldehyde into the home, will also help in reducing formaldehyde levels.

[Learn more from the Consumer Product Safety Commission about products that contain formaldehyde \(PDF\)](#) (12 pp, 607 K, [About PDF](#))

More information -- for home and at work

ToxFAQs™ for Formaldehyde -- U.S. Agency for Toxic Substances and Disease Registry. This website provides additional information about formaldehyde.

Safety and Health Topics: Formaldehyde U.S. Department of Labor, Occupational Safety and Health Administration (OSHA). This website provides information regarding occupational exposure to formaldehyde and links to the OSHA formaldehyde regulations.