

Pasos para hogares mas saludables

- Empieza con la gente del hogar
- Mantenga el hogar:
 - Seco
 - Limpio
 - Libre de plagas
 - Ventilado
 - Seguro
- Evite contaminantes
- Mantenga el hogar



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Objetivos de aprendizaje

- Nombre tres sistemas que requieren mantenimiento continuamente
- Identifique dos actividades de mantenimiento que requieren el uso de un profesional



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Mantenimiento

- Desperdicios sólidos
- Sistemas de agua
- Alcantarillados
- Calefacción/Enfriamiento/Secado/Humidificación
- Cocinando
- Ventilación
- Control de agua de lluvia/drenaje
- Integridad de la estructura
- Almacenamiento/Organización



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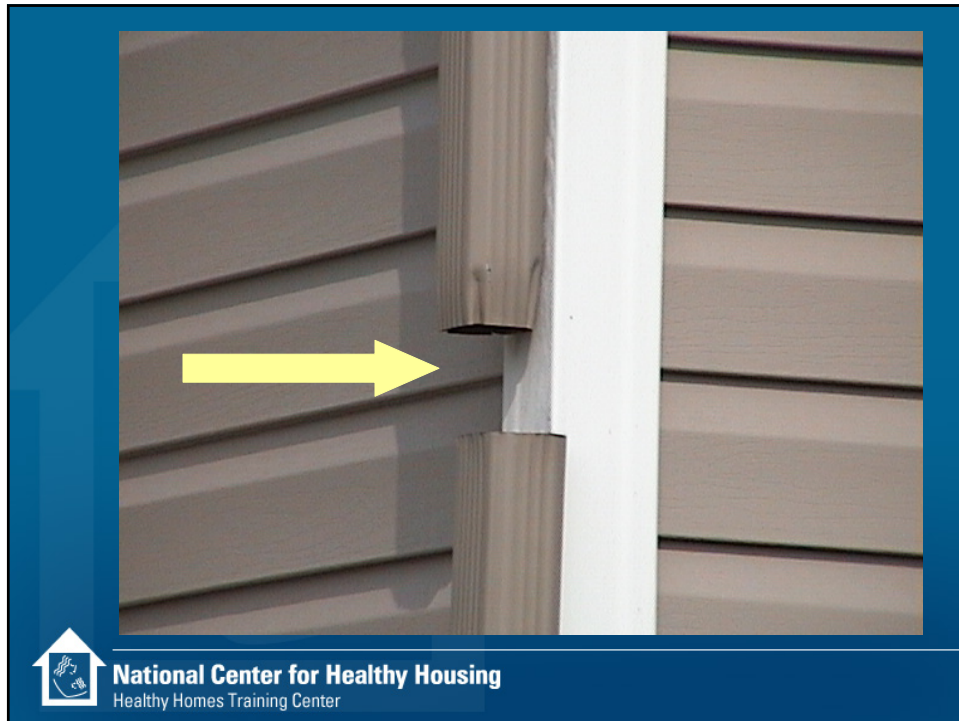
Actividades de Mantenimiento

- Inspeccionar
- Limpiar
- Lubricar
- Reemplazar
- Reparar
- Organizar



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National Healthy Homes Training Center and Network
Maintain the Home – Essentials for Healthy Homes Practitioner Course



¿Cuando?

- De rutina
- Por temporada(s)
- Anualmente

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Healthy Homes Maintenance Checklist

The following checklist was developed for the Healthy Homes Training Center and Network as a tool for healthy home maintenance. A healthy home is one that is constructed, maintained, and rehabilitated in a manner that is conducive to good occupant health.

To maintain a healthy home, occupants should keep it dry, clean, and pest-free, and prevent injury and control chemical contaminants both indoors and outdoors. Good home maintenance can act to reduce allergens, prevent fires, and reduce injury from accidents. This checklist provides basic guidelines. Items may need to be checked more often depending on local conditions and manufacturer suggestions.

Developed for the National Healthy Homes Training Center by Tony Brinkman, Canadian Association and Ellen Tate, CDP Associates.

	Spring	Fall	Winter	As Needed	Per Manufacturer
Yard & Exterior					
Water drains away from house	✓				
No trip, fall, choking, sharp edge hazards	✓	✓			
Trim around porch and deck	✓	✓			
Check for signs of rodents, bats, moths, termites	✓	✓			
Clean outdoor faucets and hoses	✓				
Clean window wells and check drainage	✓	✓			
Clean gutters and downspouts	✓	✓			
Basement & Crawlspace					
No wet surfaces, puddles	✓	✓			
Sump pump and check water working	✓	✓			
Floor drains working	✓	✓			
Vacuum basement walls	✓				
Check for signs of rodents, bats, moths, termites	✓	✓			
Exterior Roof, Walls, Windows - check for leaks					
Shingles in good condition	✓				
Check chimney, soffit, plumbing vent, daylight flashing	✓	✓			
Make sure gutters drain properly water away from building	✓	✓			
Check attic vents	✓	✓			
Check attic for signs of roof leaks	✓	✓			
Check for skids and ice dams	✓	✓			
Look for peeling paint, deterioration	✓	✓			
Look for signs of leaks where deck attaches to house	✓	✓			
Check below window & door that flashing intact	✓	✓			
Inspect doors, cracked glass	✓	✓			
Look for signs of leaks at window and door sill	✓	✓			
Clean dryer vent	✓	✓			
Check exhaust ducts are clear	✓	✓			

Maintenance Checklist continued on back

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¿ A quien deben llamar ?



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Mensajes Clave

- Los sistemas deben ser inspeccionados regularmente para asegurar que funcionen adecuadamente
- Algunas actividades de mantenimiento requieren el uso de profesionales



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