

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



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¿Como esta el filtro?
Un filtro tapado y poco eficiente
parcialmente sacado de su
armadura



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¿Cuando?

- De rutina
- Por temporada(s)
- Anualmente

Healthy Homes Maintenance Checklist

The following checklist was developed for the Healthy Homes Training Center and Network as a tool for healthy homes practitioners to use when inspecting, assessing, and addressing healthy homes issues. The checklist is intended to be used in a manner that is conducive to good occupant health.

To maintain a healthy home, inspect around levels 8, 9, 10, 11, 12, and 13 to assess and prevent injury and control chemical contaminants both indoors and outdoors. Good

		8	9	10	11	12	13
Yard & Exterior							
Water drains away from	✓	✓					
House	✓	✓					
No sharp, tall, choking, sharp edge hazards	✓	✓					
Fence around pool intact	✓	✓					
Check for signs of rodents, bats, and insects	✓	✓					
Do not outdoor laundries and	✓	✓					
harm							
Clean window wells and	✓	✓					
downspouts							
Clean gutters and	✓	✓					
downspouts							
Exterior Roof, Walls, Windows - check for leaks							
Stringers in good condition	✓						
Check chimney, valley, flashing, roof, skylight, venting	✓						
Make sure gutters discharge water away from building	✓						
Check attic vents		✓					
Check attic for signs of	✓						
rodent infestation							
Look for peeling paint,		✓					
efflorescence							
Look for signs of basic			✓				
household pests, cockroaches to							
house							
Check home window &				✓			
door frame sealing intact					✓		
Peel, broken, cracked						✓	
gutters							✓
Look for signs of blocks at							✓
sewer and drain line							
Clean dryer vent	✓	✓					
Check exhaust ducts are	✓	✓					
clear							
Maintenance (checklist completed or not)							

Developed for the National Healthy Homes Training Center by the National Center for Healthy Housing, Center for Indoor Assessment and Other Tiffs, ER7 Associates.

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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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