



FREE DOWNLOAD

# The Australian Home Environment Checklist

30 checks across water, air and EMF.  
Most of them free. Ranked by impact.

■ **Jayne Love** — Former Royal Australian Navy Clearance Diver. Palm Beach QLD. Every check on this list has been run in my own home.



## How to Use This Checklist

Work through each section in order. The cost column shows what each check requires — most are free. Tick as you go. For any check that reveals a problem, the Clean and Native guides cover what to do next.

### ■ Water

Check	Cost
■ <b>Identify your water source</b> Mains, tank, bore, or blended? Source determines contamination risk profile.	Free

Check	Cost
<p><b>■ Check your state's water quality report</b> NSW, VIC, QLD, SA, WA all publish annual drinking water quality data online.</p>	Free
<p><b>■ Test for chloramine vs chlorine</b> Most Australian metro supplies use chloramine. Standard carbon filters remove chlorine — NOT chloramine.</p>	Free
<p><b>■ Check PFAS risk by postcode</b> Defence base, airport, or industrial zone within 10km? PFAS contamination is likely.</p>	Free
<p><b>■ Confirm fluoridation status</b> ACT, NSW, VIC, QLD, SA, WA metro areas are fluoridated. NT and most of Tasmania are not.</p>	Free
<p><b>■ Run a TDS test</b> A \$15 TDS meter gives you a baseline dissolved solids reading in under 60 seconds.</p>	\$15
<p><b>■ Check under-sink pipes for lead</b> Pre-1970 homes: check brass fittings and solder joints. Lead leaches into standing water.</p>	Free
<p><b>■ Evaluate your current filter</b> Does it have NSF/ANSI 42, 53, or 58 certification? If not, what does it actually remove?</p>	Free

## ■ ■ Air

Check	Cost
<p><b>■ Identify combustion sources</b> Gas cooktop, gas heater, or wood fire? These are the highest-impact indoor air pollutants in Australian homes.</p>	Free
<p><b>■ Check ventilation in kitchen</b> Rangehood must vent externally — recirculating hoods do not remove combustion gases.</p>	Free
<p><b>■ Test CO2 levels in bedroom</b> Above 1,000 ppm CO2 = reduced sleep quality. An Aranet4 or similar gives you a baseline.</p>	\$150–250
<p><b>■ Identify VOC sources</b> New furniture, carpet, paint &lt; 12 months old? VOC offgassing peaks in first 3–6 months.</p>	Free
<p><b>■ Check for mould indicators</b> Musty smell, visible discolouration, or condensation on windows = likely mould. Fix source before filtering.</p>	Free
<p><b>■ Measure PM2.5 during cooking</b> A cheap air quality monitor during a fry-up will show you exactly what you're inhaling.</p>	\$50–80
<p><b>■ Assess bushfire smoke risk</b> In QLD, NSW, VIC bushfire corridors: a HEPA purifier with activated carbon is seasonal essential equipment.</p>	Seasonal

Check	Cost
<p>■ <b>Check HVAC filter status</b></p> <p>Ducted AC filters clog and recirculate particles. Clean or replace every 3 months minimum.</p>	Free

## ■ EMF

Check	Cost
<p>■ <b>Locate your smart meter</b></p> <p>Check which room backs onto your meter box. Smart meters emit RF pulses — not suitable as a bedroom wall.</p>	Free
<p>■ <b>Map your WiFi router position</b></p> <p>Router in bedroom or home office where you sit for 6+ hours? Move it. RF follows inverse square law.</p>	Free
<p>■ <b>Check for DECT phones and baby monitors</b></p> <p>DECT devices transmit continuously. Often the highest RF source in any room they're installed in.</p>	Free
<p>■ <b>Identify power line proximity</b></p> <p>Is your bedroom within 50m of high-voltage transmission lines? Measure before assuming.</p>	Free
<p>■ <b>Audit bedroom devices</b></p> <p>Phone charger, clock radio, heated mattress pad beside the bed? All generate ELF fields during sleep.</p>	Free
<p>■ <b>Measure with a calibrated meter</b></p> <p>The TriField TF2 measures RF, ELF-MF, and electric fields. Walk each room before deciding on interventions.</p>	\$250–280
<p>■ <b>Check 5G tower proximity</b></p> <p>Use the ACMA Register of Radiocommunications Licences to identify towers within 500m.</p>	Free

## Priority Order — Where to Start

Priority	Action	Impact
1	Identify if your water is fluoridated and contains PFAS risk	High
2	Check combustion sources in kitchen (gas cooktop, heater)	High
3	Move WiFi router away from sleep and primary work areas	Medium
4	Test TDS and investigate water filter options if needed	High
5	Install CO2 monitor in bedroom — fix ventilation if > 1,000 ppm	Medium
6	Run a room-by-room EMF audit with a calibrated meter	Medium
7	Address identified issues in order of: free → low cost → equipment	High



## Read the Full Guides at [cleanandnative.com.au](https://cleanandnative.com.au)

Every check on this list has a full article behind it — with product recommendations, lab data, and Australian-specific context. Start with the pillar that matters most to you.

■ [Water Filtration](#)

■ ■ [Air Quality](#)

■ [EMF Reduction](#)

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