



Which materials for a healthy building?

Awareness of the importance of living in healthy environments is growing. And the search for materials that don't contain and don't release pollutants is intensifying, ensuring the requirement of a broad selection of aesthetic solutions.

Do the homes and buildings we live in impact our health? The answer is yes, and awareness of this important connection is increasingly widespread. The environments where we spend most of our days interact with us through the air, light, and elements present on the surfaces.

The healthiness of indoor spaces is an increasingly central area of focus for well-being and is largely determined by building materials and furnishing elements. Thanks to the benefits they offer, porcelain tiles contribute to indoor healthiness: an example is the absence of porosity that prevents the onset and proliferation of bacteria, mites, fungi, and moulds.



How does a building “get sick” and make people sick?

A building can facilitate the onset of sicknesses, especially when the structure itself is “sick.” In fact, so-called “sick building syndrome” (SBS) has been known since the 1970s. A wide range of symptoms is linked to the time spent in indoor environments with little or no change of the air, which also amplifies the possible harmfulness of the substances present within. This is the case in schools, hospitals, nursing homes, and private homes where the choice of low-quality materials generates negative effects that can have repercussions on health.

Where can you start to make a building healthy?

An excellent starting point is the choice of quality materials, with characteristics that are intrinsically healthy and able to help eliminate harmful substances from the outside. Porcelain tiles and white body Ceramic wall tiles perfectly satisfy these requirements thanks to the nature of their chemical structure being stable and inert – and the process used to produce them. Quality porcelain and ceramic tiles & slabs offer maximum guarantees of health, hygiene, and environmental well-being.



What are the enemies of your health when indoors?

Enclosed spaces can accommodate unwanted tenants such as chemical, physical, and biological pollutants.

Chemical pollutants (e.g. VOCs, volatile organic compounds) come both from everyday products (deodorants, detergents, solvents) and from furnishings and building materials. Formaldehyde belongs to this category of pollutants and is one of the most common, often linked to the use of paints and resins, another is benzene, which tends to be absorbed by carpets or wallpaper, and then there's lead, used very frequently for decades and regulated only recently. Another is radon, an inert natural gas that can accumulate in rocks and clays and end up in building materials. Finally, biological pollutants such as bacteria, germs, fungi, and mites proliferate in conditions of particular humidity or poor hygiene and are often responsible for respiratory diseases, asthma, or allergies.

Where can you start to make a building healthy?

The safest way is to design the interiors with materials that offer guarantees of health. Ceramic tiles are inert materials with a stable structure, produced using very high temperatures so they don't contain or emit chemical pollutants (VOCs) and do not release radon during installation or use. Specifically, Ceramic Surfaces Australia porcelain and ceramic tiles & slabs don't use any dyes containing lead, nor do they release cadmium, another harmful metal, and are therefore completely non-toxic. Finally, floor and wall tiles are easily cleaned to avoid the proliferation of mould, allowing for continuous and effective hygiene.

The places where we spend most of our days, from home to office, must be safe and healthy. Ceramic Surfaces Australia works everyday to ensure the connection between building materials and healthcare, informing our clients of solutions that don't contain and don't release polluting elements, and combine technical performances with beauty and quality.

Discover which materials are the right choice for you next healthy building.

