

How to Improve Air Quality in Your Home When You Have a Gas Hob or Oven

1. VENTILATE YOUR KITCHEN WHEN COOKING

- If you have a cooker hood, turn it on as soon as you start the gas burners and keep it running for 10 minutes afterwards to try and remove any lingering pollution.
- Follow manufacturers guidance replacing and cleaning the grease filters in your cooker hood to ensure it is as effective as it can be.
- If the fan in your cooker hood isn't working or stops working, get it fixed or replaced as soon as possible.
- If replacing or installing a new cooker hood, ensure it is vented to the outside, so it takes pollution from the gas stove and blows it outside. Research the capacity and air flow-rate of the product, to ensure it has a sufficient air flow rate to remove the air pollution from cooking on gas.

If a cooker hood is not an option, open your windows during and after cooking to enable pollution from the gas stove to leave your living space as quickly as possible.

Different types of ventilation systems

- **Externally vented range hood:** *an effective form of local ventilation usually situated directly over the cooking hob that, depending on its efficiency, removes some or nearly all of the pollution from the gas burners and blows it outside.*
- **Mechanical ventilation:** *a method to continuously remove air pollution from not only your kitchen, but your whole home. This whole-house system is typically found in newer well-insulated homes with intake vents in multiple rooms.*
- **Recirculating range hood:** *the least effective form of ventilation which is designed to remove odours with a carbon filter and recirculate the air back into your kitchen. These hoods only remove some of the gas-combustion pollution for a few weeks, and then simply recirculate it around the room.*

2. USE ELECTRIC APPLIANCES WHERE POSSIBLE

- Boil water in your kettle before pouring it into a pot on your gas stove and try to use small plug-in electric appliances (e.g., toasters, slow cookers, air fryers, microwaves) — this does not result in gas-combustion pollution, is also more efficient, and can save money on your energy bills.
- Buy a plug-in induction or other electric cooktop to use instead of your gas hob.
- Buy only electric cooking equipment, including an electric hob — ideally an induction cooktop — and electric oven.

3. WHEN USING YOUR GAS HOB OR OVEN, TRY TO REDUCE POLLUTION EMISSIONS

- Cook on the back burners to improve the effectiveness of your cooker hood.
- Use a pot that is larger than the burner, to keep the flames under the pot.
- Do not use your hob or oven for space heating, drying hair or clothes, or any other purpose than cooking. Anytime the gas flame is on, the cooker is releasing pollution into your home that is harmful to your health.
- Install and maintain low-concentration carbon monoxide detectors. Use devices that meet safety standards and sound alarms at low CO levels. They should be installed in the kitchen, near the boiler (if you have a gas boiler) and near the bedrooms in your home.