



# *Stirling Technology, Inc.*

## **Cooking Pollution Fact Sheet**

- Cooking can pose at least several hazards created by: the use of combustion appliances (those which burn fuel), the improper use of cooking oils, and certain utensils and pans,
- Combustion appliances are those which burn fuels for warmth, cooking, or decorative purposes. Typical fuels are gas, both natural and liquefied petroleum (LP); kerosene; oil; coal; and wood. Examples of the appliances are space heaters, ranges, ovens, stoves, furnaces, fireplaces, water heaters, and clothes dryers. These appliances are usually safe. However, under certain conditions, these appliances can produce combustion pollutants that can damage your health, or even kill you.
- Possible health effects from combustion pollution range from headaches, dizziness, sleepiness, and watery eyes to breathing difficulties or even death. Similar effects may also occur because of common medical problems or other indoor air pollutants.
- Combustion pollutants are gases or particles that come from burning materials such as burning fuels in appliances. The common fuels burned in these appliances are natural or LP gas, fuel oil, kerosene, wood, or coal. The types and amounts of pollutants produced depend upon the type of appliance, how well the appliance is installed, maintained, and vented, and the kind of fuel it uses. Some of the common pollutants produced from burning these fuels are carbon monoxide, nitrogen dioxide, particles, and sulfur dioxide. Particles can have hazardous chemicals attached to them.
- Combustion always produces water vapor. Water vapor is not usually considered a pollutant, but it can act as one. It can result in high humidity and wet surfaces. These conditions encourage the growth of biological pollutants such as house dust mites, molds, and bacteria.
- Cooking oil at high temperatures can produce carcinogenic compounds dangerous to eat and inhale.

**For more information about combustion pollution  
and ventilation, call us at 1.800.535.3448  
or visit [healthyairpeople.com](http://healthyairpeople.com)**

*Sources: What You Should Know About Combustion Appliances," Consumer Product Safety Commission, Document #452; "How Safe is Cooking Oil?" The Sneaky Kitchen*

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*Stirling Technology is home of the RecoupAerator® home air cleaning system,  
the #1-rated energy recovery ventilator.*