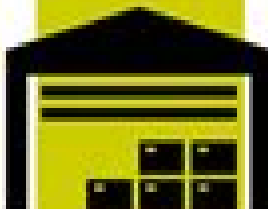


INDOOR AIR QUALITY

HELPING YOU TAKE A PREVENTATIVE APPROACH



SOURCES



Building
Occupants

Building
Materials

Carpets, fabrics

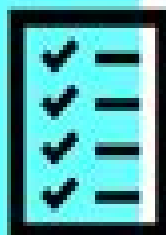
Off gas
emissions from
furniture,
carpets, paints,
cleaners,
solvents,
pesticides,
disinfectants,
glues

Damp areas,
condensation
pan

Photocopiers,
electric motors

CONTAMINENTS AFFECTING INDOOR AIR QUALITY

- Asbestos
- Biological Pollutants - bacteria, molds, mildew, viruses, animal dander and cat saliva, house dust, mites, cockroaches, and pollen
- Carbon Monoxide (CO)
- Cookstoves
- Formaldehyde/Pressed Wood Products
- Lead (Pb)
- Nitrogen Dioxide (NO₂)
- Pesticides/Pests
- Radon (Rn)
- Indoor Particulate Matter
- Secondhand Smoke/ Environmental Tobacco Smoke
- Volatile Organic Compounds (VOCs)
- Wood Smoke



CONDUCT AN IAQ INVESTIGATION

- ✓ Treat concerns promptly
- ✓ Collect health complaint data
- ✓ Look for patterns
- ✓ Check heating, ventilation and air-conditioning (HVAC) with building operator.



MONITOR INDOOR AIR QUALITY

for facility operations, planning,
regulatory requirements, construction,
renovation activities or emergency response.

6 GREAT TIPS TO IMPROVE AIR QUALITY

1. **Keep it Clean.** A clean building is a healthier building.
 - Vacuum with a vacuum cleaner equipped with a HEPA filter. Opting for hard-surface flooring instead of wall-to-wall carpeting may also cut down on allergens.
 - Regularly clean items like bedding, drapes and soft furnishings, damp areas and flat surfaces that tend to attract allergens.
 - Clear clutter, because it traps and holds dust that can trigger a reaction.
1. **Keep an eye on live Greenery Indoors.** Indoor plants can be natural air purifiers, but they can also collect and foster the growth of mold and plant mites. So, if indoor allergens are a problem, you'll want to avoid them.
2. **Change Heater Air Filters.** If you have a forced-air heating system, be certain to change the filters regularly to ensure that dust and other airborne irritants get trapped instead of being recirculated throughout the home or office.
3. **Invest in an Air Purifier.** If you're allergic to indoor allergens air purifiers help capture some of the irritants that may trigger your symptoms.
4. **Manage Humidity.** Also consider a dehumidifier in damp areas, such as a basement, to help prevent the growth of mold. Ensure that bathrooms, another potential source of mold, are well ventilated as well and scrub off any visible mold that collects in the shower, on fixtures, or walls.
5. **Improve Ventilation In The Building.** Let the fresh air in. Even in the cold months, open windows from time to time to allow fresh air to move into the building. Also, move potential air contaminants out by using fans (i.e., in the kitchen to remove cooking fumes).

Education And Training In Indoor Air Science

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Education And Training In Indoor Air Science:

Education and Training in Indoor Air Sciences Nadia Boschi, 1999-08-31 Proceedings of the NATO Advanced Research Workshop held in Budapest Hungary November 14 18 1998 **Education and Training in Indoor Air Sciences** Nadia Boschi, 2012-12-06 Many buildings fail to perform adequately causing illness and productivity loss among the inhabitants The growing impact of this problem on people and property values and the increasing litigation to which it gives rise clearly reveals the limitations in and piecemeal character of the current education of building and health professionals in addressing the relationship between a building and its occupants Education and Training in Indoor Air Sciences introduces examples of existing educational programs that seek to bridge the gap between health and building sciences The contributors selected among architects engineers clinicians physicists psychologists and policymakers discuss the design of a core curriculum for all those holding a degree within building design construction operation and maintenance investigation and all occupational environmental health and general practitioners The book also examines the obstacles to such a curriculum and ways to overcome them **Sustainable Built Environment - Volume II** Fariborz Haghighat, Jong-Jin Kim, 2009-11-10 Sustainable Built Environment is a component of Encyclopedia of Technology Information and Systems Management Resources in the global Encyclopedia of Life Support Systems EOLSS which is an integrated compendium of twenty one Encyclopedias Environmental conservation and technological innovation are two principal forces that drive the building industry toward the future Technological innovation offers many opportunities to make buildings more dynamic and comfortable and occupants more comfortable and productive The necessity of environmental conservation on the other hand compels all types of developments and human activities to be environmentally responsive The content of the Theme on Sustainable Built Environment is organized with state of the art presentations covering several topics Urban Design Emerging Issues in Building Design Environment Energy and Health in Housing Design Culture Management Strategies and Policy Issues in the Sustainable Built Environment Using Technology to Improve the Quality of City Life Urban and Regional Transportation which are then expanded into multiple subtopics each as a chapter These two volumes are aimed at the following five major target audiences University and College students Educators Professional practitioners Research personnel and Policy analysts managers and decision makers and NGOs **Agricultural, Biosystems, and Biological Engineering Education** Umezuruike Linus Opara, 2024-09-30 Agricultural engineering developed as an engineering discipline underpinned by physics applies scientific principles knowledge and technological innovations in the agricultural and food industries During the last century there was exponential growth in engineering developments which has improved human wellbeing and radically changed how humans interact with each other and our planet Among these Agricultural Mechanization is ranked among the top 10 in a list of 20 Top Engineering Achievements of the last century that have had the greatest impact on the quality of life While many success stories abound the problems of low appeal among students identity

crises and limited job opportunities in many climes continue to trouble the discipline s future in many parts of the world Yet agriculture and agricultural engineering remain fundamental to assuring food and nutrition security for a growing global population Agricultural Biosystems and Biological Engineering Education provides the first comprehensive global review and synthesis of different agricultural biosystems and biological engineering education approaches including a detailed exposition of current practices from different regions Key Features Describes novel approaches to curriculum design and reform Outlines current and emerging epistemology and pedagogies in ABBE education Provides a framework to grow agricultural engineering in Africa and other developing regions Highlights the role of ABBE education in the context of the SDGs Presented in 3 parts and containing 42 chapters this book covers the historical evolution of agricultural engineering education and discusses the emergence of biological and biosystems engineering education It will appeal to engineers and other professionals education planners and administrators and policy makers in agriculture and other biological industries Chapters 4 11 19 32 and 41 of this book are freely available as a downloadable Open Access PDF at <http://www.taylorfrancis.com> under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC ND 4 0 license

Science for Environmental Protection National Research Council, Division on Earth and Life Studies, Board on Environmental Studies and Toxicology, Committee on Science for EPA's Future, 2012-12-21 In anticipation of future environmental science and engineering challenges and technologic advances EPA asked the National Research Council NRC to assess the overall capabilities of the agency to develop obtain and use the best available scientific and technologic information and tools to meet persistent emerging and future mission challenges and opportunities Although the committee cannot predict with certainty what new environmental problems EPA will face in the next 10 years or more it worked to identify some of the common drivers and common characteristics of problems that are likely to occur Tensions inherent to the structure of EPA s work contribute to the current and persistent challenges faced by the agency and meeting those challenges will require development of leading edge scientific methods tools and technologies and a more deliberate approach to systems thinking and interdisciplinary science Science for Environmental Protection The Road Ahead outlines a framework for building science for environmental protection in the 21st century and identified key areas where enhanced leadership and capacity can strengthen the agency s abilities to address current and emerging environmental challenges as well as take advantage of new tools and technologies to address them The foundation of EPA science is strong but the agency needs to continue to address numerous present and future challenges if it is to maintain its science leadership and meet its expanding mandates

Resources in Education , 2001 **EM** , 2000 *An Indoor Air Quality Management Framework for Municipal Buildings in Developing Economies* Mpho Ndou, Clinton Ohis Aigbavboa, Wellington Didibhuku Thwala, Abdul-Majeed Mahamadu, 2025-05-06 This book delves into the pivotal issue of Indoor Air Quality IAQ management in municipal buildings within developing economies addressing a pressing need in today s digital age where individuals spend over 70% of their

time indoors With a strong focus on enhancing environmental quality this book presents theoretical frameworks and practical recommendations designed explicitly for stakeholders in the higher education sector encompassing both public and private institutions As institutions strive to improve their learning environments this book aligns with global Sustainable Development Goals SDGs highlighting the vital connection between effective IAQ management and the health and well being of the institutional community including students and staff members It provides a comprehensive framework that advocates for improved IAQ management and emphasises the importance of quality education and lifelong learning Furthermore this book serves as a valuable resource for green building regulatory bodies ensuring adherence to best practices in IAQ management within municipal buildings By providing actionable strategies grounded on recent literature the book is an essential guide for researchers and policymakers seeking to navigate the theoretical and empirical dimensions of IAQ management Moreover this book asserts that enhancing IAQ is necessary not only for regulatory compliance and community well being but also as a vital investment in the academic and operational success of municipal buildings in developing economies

Index of Conference Proceedings British Library. Document Supply Centre,1999 **Reclaiming the Desert: Towards a Sustainable Environment in Arid Lands** A.M.O. Mohamed,2006-07-30 A comprehensive collection of contributions from the Middle East and Japan dealing with pressing problems concerning sustainability in arid zones this time with the accent on environmental science and engineering The symposium brought together researchers and field engineers who discussed issues such as sulphur utilization in agriculture and con Environmental Health Review ,2006

Popular Science ,1941-01 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better *Catalog of Federal Domestic Assistance* ,2008 Identifies and describes specific government assistance opportunities such as loans grants counseling and procurement contracts available under many agencies and programs School Training for the Home Duties of Women Great Britain. Board of Education,1905 Digest; Review of Reviews Incorporating Literary Digest ,1918 *Update to the ... Catalog of Federal Domestic Assistance* ,1998 **American Book Publishing Record** R.R. Bowker Company,1978 **Science** ,1912 Vols for 1911 13 contain the Proceedings of the Helminthological Society of Washington ISSN 0018 0120 1st 15th meeting *The Cosmopolitan* ,1924 *Cosmopolitan* ,1920

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