



## Is your building making you sick?

Indoor air pollutants may have severe health effects depending on the type of pollutant, the amount of

### Indicators of poor indoor air quality include:

- poor employee productivity
- employee complaints of flu like symptoms including eye irritation(also known as sick building syndrome and building related illnesses)
- an increase of unexplained absenteeism
- insufficient air supply
- irregular fresh supply air
- poorly controlled temperature and humidity

### Symptoms can be....

Headaches, eye, nose, throat irritation, dry throat, itchy skin, nausea, dizziness, tiredness and discomfort, fever, muscle aches, sneezing, chills, chest tightness.

Common harmful indoor air pollutants include:

- Mould (in bathrooms and damp buildings)
- Indoor fuel emissions (stoves, indoor cooking fire)
- Asbestos (in pipes)
- Tobacco smoke
- Pesticides
- Carbon monoxide



## What should one do to address the problem?

### Avoid the following....

- combustion products from accumulating indoors
- inadequate fresh air
- damp conditions which favour microbial growth e.g. in carpets from roof leaks)
- carpets which collect dust
- new furnishings and carpets, which may emit chemicals
- improperly maintained and poorly functioning air-conditioning systems
- sources of unusual odours
- overcrowding



### Also...

Delegate people responsible for mitigating the specific problem elements which contribute to an IAQ problem.

### How should I prevent IAQ problems from returning?

- choose concerned and responsible people to manage IAQ
- do not skimp on building and air-conditioning systems maintenance
- have the IAQ management team report on their progress regularly
- encourage all employees to take an interest in reporting the signs of problems



## Breathe Healthy Indoor Air

This pamphlet was produced by NIOH. For more information or assistance log a query with our Occupation Hygiene Section at [www.nioh.ac.za](http://www.nioh.ac.za) or contact us at **011 712 6400**

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