

Where can you find fungi in your workplace?

Fungal Facts

Fungi can grow in indoor and outdoor environments, especially where there is excessive moisture, air and organic matter.

Fungal growth is influenced by:

- ◆ Poor housekeeping (dust and dirt)
- ◆ Inadequate or poorly maintained ventilation
- ◆ Poorly regulated temperature and relative humidity
- ◆ Manufacturing processes
- ◆ Water damaged buildings

Can I test for moulds?

- ◆ Conduct indoor air quality assessment
- ◆ Air sampling for fungi & metabolites
- ◆ Culture and identification of fungi
- ◆ Consultations and recommendations
- ◆ Training and advisory services

did you know?

Fungi cannot be completely eliminated.



Leaking Pipes



Bird droppings



Wallboard (drywall)



Papers and books



Wet Ceiling



Carpets



Wood



Floors

How to control fungi?

- ◆ Moisture control (<60 %RH)
- ◆ Use dehumidifiers & air conditioners
- ◆ Fix water leaks and damaged buildings
- ◆ Dry wet materials within 48hours
- ◆ Increase air movement

- ◆ Prevent condensation
- ◆ Use of personal protective equipment
- ◆ Clean and decontaminate surfaces
- ◆ Smell and inspect visible moulds
- ◆ Monitor people for symptoms

Can fungi affect my health?

There are many fungal species, but only a few can make people sick. You can breathe, touch and eat fungi.

Most common symptoms include:

- ◆ Eye, nose and throat irritation
- ◆ Allergic reaction
- ◆ Headaches
- ◆ flu-like symptoms
- ◆ Rash
- ◆ Hair loss
- ◆ Fatigue
- ◆ Dizziness
- ◆ Itchiness
- ◆ Possible skin irritation
- ◆ Asthma or aggravation of asthma in mould-sensitive asthmatics
- ◆ Fungal infections (mycosis)

Immunocompromised people are more at risk

Contact us: info@nioh.ac.za | 011 712 6400/75/87