



**DOES YOUR  
BUILDING SUFFER  
FROM SICK  
BUILDING SYNDROME**

**Healthy Buildings,  
Healthy People**

**A Vision for the  
21st Century  
Create a healthy  
workplace and**

- Avoid health problems
- Increase work efficiency
- Increase employee satisfaction
- Increase employee attendance



**GET AN INDOOR  
AIR QUALITY  
MONITORING OF  
YOUR  
WORKPLACE  
NOW!**

All of us face a variety of risks to our health as we go about our day-to-day lives. Driving in cars, flying in planes, engaging in recreational activities, and being exposed to environmental pollutants all pose varying degrees of risk. Some risks are simply unavoidable. Some we choose to accept because to do otherwise would restrict our ability to lead our lives the way we want. And some are risks we might decide to avoid if we had the opportunity to make informed choices. Indoor air pollution is one risk that we can do something about.

In the last several years, a growing number of scientific evidences have indicated that the air within buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities. Other research indicates that people spend approximately 90 percent of their time indoors. Thus, for many people, the risks to health may be greater due to exposure to air pollution indoors than outdoors.

### Health Effects

A number of well-identified illnesses, such as Legionnaires' disease, asthma, hypersensitivity pneumonitis, and humidifier fever, have been directly traced to specific building problems. These are called building-related illnesses. Most of these diseases can be treated, nevertheless, some pose serious risks.

Sometimes, however, building occupants experience symptoms that do not fit the pattern of any particular illness and are difficult to trace to any specific source. This phenomenon has been labeled **Sick Building Syndrome**. People may complain of one or more of the following symptoms: dry or burning mucous membranes in the nose, eyes, and throat; sneezing; stuffy or runny nose; fatigue or lethargy; headache; dizziness; nausea; irritability and forgetfulness. Poor lighting, noise, vibration, thermal discomfort, and psychological stress may also cause, or contribute to, these symptoms. There is no single manner in which these health problems appear.

Contaminants may originate from a variety of sources inside or outside of a building. Airborne chemicals, bacteria, fungi, pollen, and dust may all contribute to the problem. These pollutants can build up rapidly indoors to

level than those usually found outdoors. This is especially true if large amounts of a pollutant are released indoors.

In the opinion of some World Health Organization experts up to 30 percent of new or remodeled commercial buildings may have unusually high rates of health and comfort complaints from occupants that may potentially be related to indoor air quality.

### What to do?

To maintain a clean and healthy work environment, it is very important to assess the indoor air quality, so that remedial measures can be taken. Assessment of the indoor air quality requires monitoring of several parameters that include:

- Ventilation/comfort indicators like temperature, humidity, CO<sub>2</sub> etc
- Chemical air contaminants
- Biological contaminants
- Airborne dust

### How can we help?

We at AES Laboratories (P) Ltd. are the pioneers in this field and have devised a program to deal with indoor air quality related problems. The program broadly includes identification of sources of contamination through various workplace monitoring techniques which includes a sampling as well as environment specific data collection. This monitoring is carried out as per suggested guidelines of OSHA/EPA.

The data generated from the above, can then be utilized by you to develop a guidance plan to manage your indoor air quality related problems. Corrective actions, to improve the indoor air quality, can be implemented, based on the revelations of the indoor air monitoring. This low cost program has immense benefits in terms of increased work efficiency, a greater employee satisfaction and finally a healthy work environment leading to a healthy life.

CALL US TODAY FOR MORE INFORMATION

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