

Indoor Air Quality – Hospitality Infographic



Conducting an IAQ investigation

- Treat IAQ concerns seriously and promptly.
- Collect health complaint data using a questionnaire specific for your workplace. You may need assistance from an expert.
- Look for patterns.
- Meet affected people to clarify your findings.
- Check the heating, ventilating and air-conditioning (HVAC) system with the building operator/engineer.

Indoor Air Quality

Take a preventative approach to IAQ

- Provide an adequate volume of outdoor air
- Ensure that air is properly distributed
- Prevent outdoor pollutants from entering the building
- Provide separate ventilation for special-use areas
- Promote the use of unscented products
- Choose building materials, paints and furniture with low emissions
- Discourage mould growth
- Follow standards and best practices for your building's ventilation, thermal comfort, and pollutant control

Sources

Building occupants	Carbon dioxide, tobacco smoke, perfume, body odours
Building materials	Dust, fiberglass, asbestos, gases
Carpets, fabric, foam chair cushions	Dust mites
Off-gas emissions furniture, carpets, paints, workplace cleaners, solvents, pesticides, disinfectants and glues	Gases, vapours, odours, volatile organic compounds (VOCs)
Damp areas, stagnant water and condensate pans	Microbial contaminants, fungi, moulds, bacteria
Photocopiers, electric motors, electrostatic air cleaners	Ozone

Indoor air contaminants

Symptoms

- Dryness and irritation of the eyes, nose, throat, and skin
- Headache
- Fatigue
- Shortness of breath
- Hypersensitivity and allergies
- Sinus congestion
- Coughing and sneezing
- Dizziness
- Nausea

People generally notice their symptoms after several hours at work and feel better after they have been away from the building.

IAQ issues

Common Causes

- Lack of outdoor air for HVAC system
- Poorly designed or maintained HVAC system
- Pollutants from the outdoor air
- Emissions from inside sources
- Poor temperature and humidity control

What the law says: All jurisdictions include the 'general duty clause' which requires employers to provide a healthy and safe workplace. This includes the provision of healthy indoor air. In addition, IAQ is implied in most building codes as design and operation criteria.

CCOHS.ca
Canadian Centre for Occupational Health and Safety

Source: <https://www.ccohs.ca>