SICK BUILDING SYNDROME
AWARENESS AND PREVENTION

SBS has been recognized by the EPA, WHO, CDC and many individuals report symptoms in the workplace that dissipate when they spend time away from their workplace.

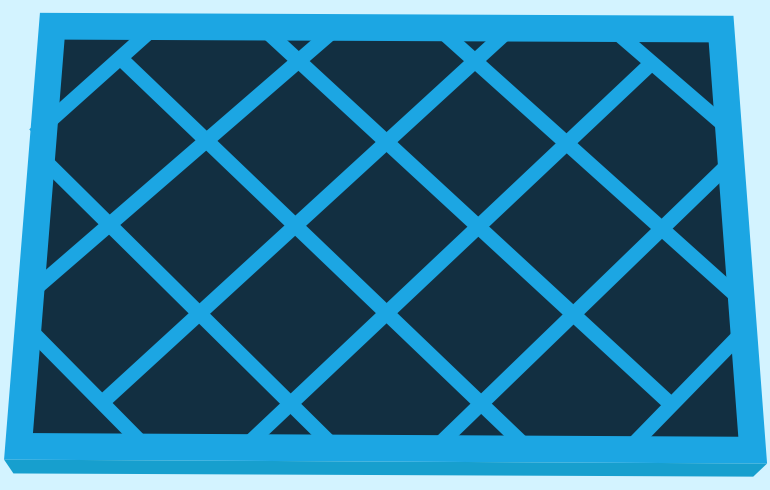
REPORTED SYMPTOMS INCLUDE:

Difficulty concentrating, headaches, dry cough, throat irritation, fatigue, dizziness, nausea, dry watery eyes, dry and itchy skin.

SIMPLE PREVENTION MEASURES TO HELP IMPROVE THE INDOOR AIR QUALITY IN YOUR OFFICE.

TOXIN ABSORBING PLANTS

Plants are beautiful and can remove formaldehyde, benzene, and carbon monoxide from the air



CARBON IMPREGNATED AIR FILTERS

Carbon filters are highly effective at removing odors, fumes, light gases like ammonia, formaldehyde, hydrogen sulfide and sulfur dioxide.

Replacing water stained ceiling tiles and carpet squares. Water stained ceiling tiles and carpet tiles look bad, but most importantly they can contain mold or mildew.

Regular carpet cleaning with Carpet And Rug Institute approved methods. Regular cleaning is important to improve Indoor Air Quality. Using safe cleaning solutions without toxins is even more important. Perchloroethylene is a Toxin commonly found in spot removers and carpet cleaning solutions.

AVOIDING CLEANING TOXINS

Phthalates is a toxin is commonly found in air fresheners. Ammonia is typically found in glass cleaners, Butoxyethanol is commonly found in multipurpose cleaners.

ADDITIONAL EXTENSIVE MEASURES TO IMPROVE INDOOR AIR QUALITY

- Improving Air Flow and Increasing the number of air exchangers for improved ventilation for a minimum of 8.5 exchanges in a 24hr period
- Air Cleaners and UV-Light in the HVAC plenum
- Using paints made with low VOCs (Volatile Organic Compounds)

SPOTLESS CLEANING CHICAGO

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