

## **SICK BUILDING SYNDROME**

Indoor air pollution can lead to the more serious problem of "sick building syndrome". This syndrome results in a wide range of health affects including respiratory disease, neuro-toxic diseases (dizziness), eye irritation, general fatigue and malaise. The "sick buildings" are really just poorly maintained and require regular thorough cleaning. Most people spend 90 per cent of their time in indoor environments where levels of contaminants can be five to ten times higher inside a building than outside. The recirculation of stale or used air concentrates the amount of airborne particles, organic compounds, by-products of combustion and biological contaminants. **A proper system of general cleaning, periodic maintenance, and regular cleaning of carpets and floors can cut contamination at the source and keep the indoor air clean.**

Obviously air conditioning systems require regular professional maintenance and cleaning. The Air Conditioning and Ducting are areas where infectious organisms can reside and be transmitted to occupants but such occurrences are relatively uncommon.

Carpeting acts as a filter to indoor contaminants which settle and accumulate in the carpet. The carpet acts progressively as a reservoir for vapour and fumes, dirt of all types, liquid and chemicals from many sources including copy machines and insecticides. **By cleaning carpets you are actually cleaning indoor air** by keeping these contaminants from being recirculated. Biological contaminants, are or were, living organisms, which exist in every environment, and are a problem found in carpets today. These include bacteria and fungal spores, pollen animal and human dander viruses, mites, moulds and other particles. Moulds contain highly toxic substances that affect many systems within the human body. It has been reported that some school carpets contain nine times the pathogens found in human sewerage.

**The solution is regular, thorough cleaning and carpet maintenance.**