

Use New Free App to Identify Possible Indoor Air Quality Problems



The environment inside your workplace can impact your workers' health. For example, indoor air quality (IAQ) issues may result in an increased prevalence of non-specific, common symptoms, such as headache, fatigue, and irritated eyes, nose, throat and/or skin. In addition, these symptoms often clear up when the worker's away from the building.

IAQ problems can have many causes, including mould, contaminants, high humidity levels and ineffective ventilation.

But how can you tell if you have IAQ problems in your workplace? Use the new mobile app developed by the Occupational Health Clinics for Ontario Workers and CCOHS.

The app, *AirAssess ' Improve Indoor Air Quality at Work*, asks simple questions in three areas:

1. Air quality, such as drafts, air temperatures, etc.
2. Symptoms, such as allergies, [asthma](#), etc.
3. Stress level.

Based on the answers, the app will look for links and provide users with ideas to help their workplace take action on the possible IAQ issues. The free app can be downloaded from the [Apple App Store](#), [BlackBerry World](#) and [Google Play](#), as well as

the [OHCOW](#) and [CCOHS](#) websites.

The app also has tip sheets on topics such as ventilation, contaminants, humidity, noise and lighting.

For more on IAQ issues, see the following OHS Insider articles, resources, tools, etc.:

- [Tips for preventing IAQ-related health problems](#)
- [A checklist](#) you can use to inspect your facility for some of the common causes of IAQ problems
- Tips on how to [properly maintain the IAQ in your facility](#)
- [A checklist](#) you can use to inspect your ventilation system
- [Six steps to take to comply with ventilation system maintenance requirements](#).