

# SICK BUILDING SYNDROME

VOCs are a large group of carbon based toxins that are invisible and often have no odour. They are found in a number of everyday household products and furnishings including synthetic carpets and cannot be eradicated by traditional cleaning methods. VOCs are responsible for sick building syndrome and have a number of negative effects on our health, causing skin allergies including eczema, respiratory problems and even cancer.

## XYLENE

Nose/throat irritation  
Loss of co-ordination  
Liver damage

## METHYLENE CHLORIDE

Memory loss  
Headaches  
Damage to nervous system

## TOLUENE

Dry cracked skin  
Nausea  
Nervous system damage

## ACETONE

Dizziness  
Respiratory tract irritation  
Eye irritation

## FORMALDEHYDE

Burning sensation in eyes/skin  
Nausea  
Cancer

## ETHYLENE GLYCOL

Depression  
Vomiting  
Respiratory failure

## BENZENE

Headaches  
Rapid/irregular heartbeat  
Unconsciousness

## PERCHLOROETHYLENE

Mood/behavioural changes  
Eye/throat irritation  
Drowsiness



Wool is the only fibre able to naturally absorb VOCs and reduce their presence in the home, eradicating the risks to health and boosting wellness. These effects are observed just through the presence of wool bedding or carpets in the home. Not only does wool neutralise contaminants more quickly and completely than synthetic fibres, wool does not re-emit them, even when heated. Wool beds, bedding, mattresses and 100% wool carpets can continue to purify the air for up to 30 years.

# Sick Building Syndrome

**James Hewitt**



## **Sick Building Syndrome:**

**Sick Building Syndrome** Jack Rostron,2005-08-04 Sick building syndrome is for many of us an enigma The legislative precedents currently being set in North America underline the need for rational examination of the problem This new collection of expert writing will help unravel the complex issues involved The book explores sick building syndrome from a range of perspectives architectural medical psychological and legal Each chapter offers detailed insights into the condition and taken together they highlight the need for a collaborative approach The effects of sick building syndrome should not be underestimated as it is thought that up to 30 percent of refurbished buildings may suffer from the condition Extreme cases may lead to increased absenteeism among employees reduced performance and ultimately building closure *Sick Building Syndrome* Sabah A. Abdul-Wahab,2011-05-03 This volume throws light on the Sick Building Syndrome in Libraries and other public buildings and the extent to which it is influenced by the internal environment of libraries One of the signs of this disease is that the person suffers from a set of symptoms closely related to his her presence in the building without the identification of any clear causes and his her relief of these symptoms when he she are out of the building Hence the book sheds on the extent to which the interior environment impacts upon the health of the people and the extent to which this is reflected in their performance The book can be used for teaching research and professional reference It concludes with the recommendation that is essential to observe environmental dimensions when designing library and public buildings taking into consideration the expected impact of SBS in library and public buildings on people The significance of the book derives from the fact that it is the first of its kind to examine the issue of the interior environment and SBS of library and public building worldwide **Sick Building Syndrome** James Hewitt,2007-06-01 Did you know that the Environmental Protection Agency EPA has in the past defined indoor air pollution as one of the most significant environmental threats to human health This syndrome is relatively unknown and poorly researched The causes of how a building can be considered sick will be explained and discussed The prevention and some solutions for the syndrome known as SBS will be discussed The ventilation issues that promote SBS will be broached Chemical contamination such as outdoor and indoor contaminants will be reviewed Biological contamination caused by bacteria viruses and molds will be explained extensively I will review methods for the prevention of SBS and offer some solutions This will benefit you and all the people who work live or play in the building In the last chapter I will explain in detail about my plan for the creation of a Team to monitor your building and any complaints regarding SBS *Sick Building Syndrome* ,1989 **Sick Building Syndrome: Second Wind** James P. Hewitt,2015-04-30 Did you know that the Environmental Protection Agency EPA has in the past defined indoor air pollution as one of the most significant environmental threats to human health This syndrome is relatively unknown and poorly researched This book will benefit you and all the people who work live or play in the building In the last chapter I will explain in detail about my plan for the creation of a Team to monitor your building and any complaints regarding SBS **The Sick Building Syndrome**

Nicholas Tate,1994     **Sick Building Syndrome & Environmental Conditions** Sheena Wilson,1987     *Sick Building Syndrome* ,1999     **Sick Building Syndrome** ,1991-01-01 This book summarizes information about indoor air quality and ventilation in both new and existing commercial buildings The quality of indoor air is dependent on the complex interaction between sources of indoor pollutants environmental factors within buildings such as temperature and humidity the removal of air pollutants by air cleaning devices and the removal and dilution of pollutants from inside air by ventilation The book addresses specific pollutants in the second section     **On Building-related Causes of the Sick Building Syndrome** Lena Lundin,1991     *Sick Building Syndrome* G. J. Raw,1992     **Sick Buildings** Thad Godish,2018-05-04 This book is a comprehensive examination of the phenomenon of poor indoor air quality IAQ characterized as sick or problem buildings Significant emphasis is given to defining the nature of the problem the various potential causal and risk factors problem building diagnostic protocols and contaminant measurements and the mitigation of IAQ problems including case histories The book features a discussion on the potential causal factors studied extensively in Europe and recognized in North America as well     *Sick Building Syndrome 28 Success Secrets - 28 Most Asked Questions on Sick Building Syndrome - What You Need to Know* Dennis Wade,2014-10-19 A fresh Sick building syndrome approach Sick constructing syndrome SBS is applied to report circumstances in that constructing occupants There has never been a Sick building syndrome Guide like this It contains 28 answers much more than you can imagine comprehensive answers and extensive details and references with insights that have never before been offered in print Get the information you need fast This all embracing guide offers a thorough view of key knowledge and detailed insight This Guide introduces what you want to know about Sick building syndrome A quick look inside of some of the subjects covered Climate control Ventilation architecture Natural ventilation Architectural design values Health HVAC Sustainable architecture Lower volatile organic compounds List of environmental issues Sick building syndrome Causes Energy recovery ventilation Importance Heating Sick building syndrome History Heater Heaters Mold health issues Mycotoxin toxicity Irritation Eye Irritation Morale In the workplace Organizational space An organizational spatial cycle of change Sick building syndrome Symptoms Room temperature Comfort levels Human eye Dynamic range Living wall Function Organizational space Sources Green wall Function Damp structural Symptoms Volatile organic compound Indoor air Sansevieria Air purification Indoor air quality Volatile organic compounds Heating ventilation and air conditioning Air purifier Use and benefits of purifiers Evaporative cooler Disadvantages Sick building syndrome Gender differences Absence Workplace and much more     **Sick Building Syndrome** London Hazards Centre,1990

**Sick Building Syndrome** Linda Goldman,1995     **Sick building syndrome & environmental conditions** Sheena Wilson,1989     *Sick Building Syndrome* Paul Clinton,1990-01-01     *The Sick Building Syndrome* Ivan Vince,1987     *Sick Building Syndrome and Related Illness* Walter E. Goldstein,2010-08-19 Small but mighty ranging from 3 to 100 microns in size miniscule mold organisms can cause big problems A seemingly minor water leak behind a wall unnoticed until the

sinister color of mold is evident can wreak havoc and cause a financial nightmare A practical primer Sick Building Syndrome and Related Illness Prevention and Remediation of Mo **How to Deal with SBS** Great Britain. Health and Safety Executive,1995 Provides guidance by explaining what sick building syndrome is and the possible causes together with general advice on how to prevent it and how if the symptoms occur the problem can be systematically investigated Aimed at employers building owners building designers engineers planners architects furnishers and suppliers Contents Identification and investigation Creating a good work environment Relevant organisations and publications

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