

# Indoor Air Quality Risk Assessment

FACT SHEET 11



## SUBJECT BEING ADDRESSED BY THIS FACT SHEET

How to carry out an indoor air quality risk assessment.

## WHO IS THE TARGET AUDIENCE FOR THIS FACT SHEET?

Facilities management professionals, installers, service engineers.

## THE FACTS

Carrying out an indoor air quality (IAQ) risk assessment is an important step in ensuring a healthy and safe environment. Here are some steps to help you with the process:

### 1. Identify potential sources of indoor air pollutants:

Start by identifying the potential sources of pollutants in your indoor environment. These may include chemicals, allergens, mold, dust, fine particulates and volatile organic compounds (VOCs). Common sources can include cleaning products, building materials, furnishings, and HVAC systems.

### 2. Assess ventilation and air circulation:

Evaluate the ventilation system within the space. Ensure that there is a proper supply of fresh air without excessive drafts, and that the ventilation system is functioning effectively. Poor ventilation can lead to the accumulation of pollutants indoors.

### 3. Conduct visual inspections:

Inspect the area for signs of water damage, mold growth, or any other visible issues that may impact indoor air quality. Look for leaks, condensation, or areas with poor maintenance that could contribute to air quality problems.

### 4. Monitor temperature and humidity levels:

Measure temperature and humidity levels to identify if they fall within the recommended range. High humidity can promote the growth of mold and mildew, while low humidity can cause dryness and discomfort.

### 5. Consider occupant activities:

Evaluate the activities taking place in the indoor environment. Some activities, such as cooking, smoking, or using certain cleaning products, can release pollutants into the air. Take note of any specific practices that may impact IAQ.

## **6. Test for specific pollutants:**

If necessary, consider conducting specific tests for pollutants such as VOCs, carbon monoxide, radon, carbon dioxide, fungal spores, bacterial growth, damp patches or standing water or allergens. These tests can provide more detailed information about the specific air quality risks present.

## **7. Analyze and address findings:**

Once you have gathered all the necessary information, analyze the results of your assessment. Identify any areas of concern or potential risks to indoor air quality. Develop a plan to address these issues, which may include improving ventilation, removing, or reducing sources of pollutants, or implementing air filtration systems.

## **Next steps for the target audience**

---

It is important to regularly review and update your IAQ risk assessment as conditions and activities change within the indoor environment.