



# Impact of IAQ on School Children

## FACT SHEET 7

### SUBJECT BEING ADDRESSED BY THIS FACT SHEET

Impact of indoor air quality on school children and how to mitigate.

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

Head Teachers, Teachers,  
Governing Body, Parents,  
Caretakers, Facilities Managers.

### THE FACTS

Indoor air quality plays a significant role in the overall health and well-being of school children. Poor indoor air quality can have various negative impacts, including respiratory problems, allergies, asthma, reduced cognitive function, and decreased productivity. To mitigate these issues, here are some steps that can be taken:

#### 1. Adequate ventilation:

Ensure proper ventilation systems are in place to bring in fresh outdoor air and remove stale or polluted air. Regularly check and maintain ventilation systems to ensure optimal performance.

#### 2. Regular cleaning:

Regularly clean and maintain the school premises, including classrooms, common areas, and air ducts. This includes dusting, vacuuming, and mopping to remove dust, dirt, and allergens.

#### 3. Control humidity levels:

Maintain appropriate humidity levels to prevent the growth of mould and mildew. Use dehumidifiers in damp areas and consider using air conditioners or humidifiers to control indoor humidity levels.

#### 4. Minimize chemical pollutants:

Limit the use of harsh cleaning chemicals and products that emit volatile organic compounds (VOCs). Choose eco-friendly and low VOC products whenever possible.

#### 5. Control sources of pollution:

Identify and control potential sources of indoor air pollution, such as tobacco smoke, cleaning chemicals, and allergens.

#### 6. Regular maintenance of HVAC systems:

Ensure regular maintenance and cleaning of heating, ventilation, and air conditioning (HVAC) systems to prevent the buildup of dust, mould, or other contaminants.

## **7. Educate and raise awareness:**

Educate students, teachers, and staff about the importance of indoor air quality and how to maintain a healthy indoor environment. Encourage good hygiene practices, such as covering mouths when coughing or sneezing, to reduce the spread of germs.

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

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By implementing these measures, schools can significantly improve indoor air quality and create a healthier environment for their students and staff.

It is also worth doing a risk assessment on the school to ensure adequate measures are in place.