



EHS CENTRAL LABORATORY

FACTSHEET 02-2022



How is the Quality of your Indoor Air?

“Most people are aware that outdoor air pollution can damage their health, but only few realize that time spent indoors can also be detrimental to one’s health as some of them spend up to 90% of their time indoors.”

According to **World Health Organization (WHO)**, pollutant levels of indoor air may run two to five times higher than outdoor levels. Exposure to Air Pollutants happens through inhalation of indoor air and can lead to Sick Building Syndrome (SBS). The term “**Sick Building Syndrome**” is used to describe situations in which building occupants experience acute health and comfort effects that appear to be linked to time spent in a building, but no specific illness or cause can be identified.

Indoor Air Quality (IAQ) broadly refers to the environmental characteristics inside the buildings that may affect human health, comfort, or work performance.

Indicators of “SBS” include:

- » Building occupants complain of symptoms associated with acute discomfort, e.g., headache; eye, nose, or throat irritation; dry cough; dry or itchy skin; dizziness and nausea; difficulty in concentrating; fatigue; and sensitivity to odors.
- » The cause of the symptoms is not known.
- » Most of the complainants report relief soon after leaving the building.



and as per rules and regulations of the Governing Authority, building owners/ facility management are required to meet these acceptable limits for an adequate quality of indoor air. Indoor Air Quality Testing (with 8 hrs sampling duration) must be carried-out by a qualified and reliable laboratory to ensure that the air quality in the building is suitable for occupation.



EHS Central Laboratory, offers integrated sampling with comprehensive laboratory analysis for Indoor Air Quality in accordance with the requirements set-forth by the governing authority.

EHS Central Laboratory, carry-out a wide-range of laboratory services from physical-chemical analysis to microbiological testing, and delivers a faster turn-around time, and accurate test results.

For more information, visit www.pcfc.ae