



Recycling and
Environmental
Action
Planning
Society

Greening Your Office

Tips by Email

Attention: **Office Staff**

From: **REAPS**

Date: **October 2010**

Phone: **250 561 7327**

GREEN TIP #6:

Improve Indoor Air Quality

People spend up to 90 per cent of their time indoors - at home, school and work. Poor indoor air quality may cause one or more of the following symptoms: headache, wheezing, tiredness, coughing, sneezing, sinus congestion, shortness of breath, dizziness, nausea, and irritation of the eyes, nose or throat.

Some of the Culprits:

Biological contaminants can come from both outside and inside buildings and may cause allergic symptoms. Examples of contaminants include: fungi (moulds), insects such as dust mites and cockroaches, fur-bearing animals, such as dander from dogs or cats, and dusts and pollens.

Formaldehyde and other Volatile Organic Compounds (VOCs): Formaldehyde is a chemical found in many building materials, such as plywood and particleboard, in furnishings, such as furniture, drapes and carpets, and in personal care products. Cleaning agents, paints, lacquers and varnishes are additional sources of VOCs.

Radon is a naturally occurring radioactive gas given off during the natural decay of uranium found in soil and rock. Radon gas is odorless, invisible and without taste. It can enter a home or building indirectly through the soil. High levels of inhaled radon gas may eventually lead to lung cancer. High levels of radon have been found in parts of northern and the interior of British Columbia.

What can your office do to improve indoor air quality?

1. Increase the amount of outdoor air coming indoors by keeping your office well ventilated: keep windows open during the day.
2. Do not allow smoking in or near the building
3. **Get some office plants!**

A NASA Study shows the best plants to have indoors:

TOP 10 plants most effective in removing Formaldehyde, Benzene, and Carbon Monoxide from the air:

Bamboo Palm – Chamaedorea Seifritzii

Chinese Evergreen - Aglaonema Modestum

English Ivy - Hedera Helix

Gerbera Daisy - Gerbera Jamesonii

Janet Craig - Dracaena "Janet Craig"

Marginata - Dracaena Marginata

Mass cane/Corn Plant - Dracaena Massangeana

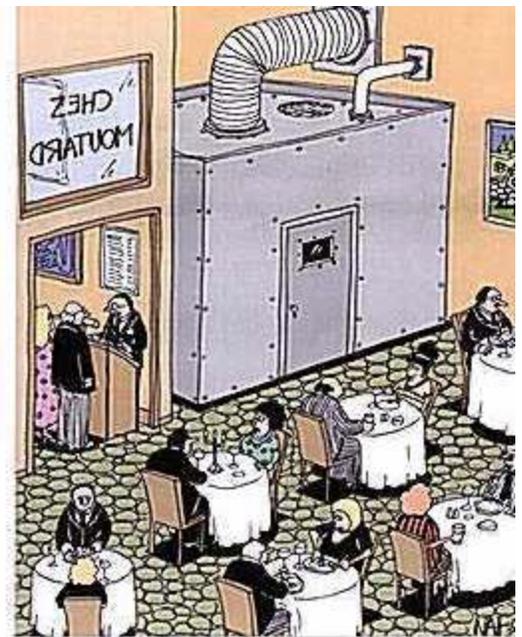
Mother-in-Law's Tongue Sansevieria Laurentii

Pot Mum - Chrysanthemum morifolium

Peace Lily - Spathiphyllum

Warneckii - Dracaena "Warneckii"

Source: HealthLinkBC: Indoor Air Quality (<http://www.healthlinkbc.ca/healthfiles/hfile65a.stm>); Zone 10. NASA Study House Plants Clean Air. <http://www.zone10.com/nasa-study-house-plants-clean-air.html>



"Yes, sir, we do have a smoking section."

Any Questions or Suggestions? Call or Email us! 250 561 7327 or Green_solutions@reaps.org

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