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Indoor Air Quality & Your Home

Did you know that the average American spends 90% of his or her time indoors?!

Did you know that the Environmental Protection Agency (E.P.A.) reports that airborne pollutants may be 25 to 100 times worse inside than outside?!

As summer approaches and you begin to spend more and more time outside enjoying the ever so slowly improving weather, these statistics may not seem too important right now. Nonetheless, indoor air quality should be a year-round concern. Indeed, with an increasing number of people beginning to suffer from ailments like allergies and asthma, everyone from homeowners to the E.P.A. are looking toward indoor air quality when chronic symptoms appear.

A few critical areas of concern when assessing the indoor air quality of your home or work space include airborne particulates, carbon monoxide, volatile organic compounds (or V.O.C.'s), temperature and relative humidity.

Airborne particulates are things like dust, pollen and allergens that float through the air and reside on the surfaces and in the linens in your home. You may have even noticed particles in the air after cleaning or if the sun shines just right through an un-curtained window. Carbon Monoxide is an odorless and colorless gas that, even in small amounts, can be deadly. Luckily, carbon monoxide alarms provide detection of this hazard and are relatively inexpensive to purchase. V.O.C.'s originate from common household cleaning products and can even be found in carpeting and paint.

Finally, although it may not be something you think about often, temperature and humidity play a big role in the quality of your indoor air and rely on your heating and air conditioning equipment for regulation. Changes in temperature can trigger colds and asthma while too much or too little relative humidity can contribute to headaches, nosebleeds or mold growth. If you regularly wake up with a sore throat, stuffy nose or slight headache, there may be a problem with the regulation of your temperature or relative humidity.

If you have questions or concerns about the quality of your indoor air, contact a heating and cooling professional that addresses your concerns. Custom Mechanical, Inc. offers an Indoor Air Quality diagnostic report through Air Advice, an independent laboratory. The 7-10 page report will let you know where your home stands in the areas explained above and make suggestions for improving problem areas.

As always, please give us a call or an e-mail if you need more information regarding this topic, if you have questions or if you would like to schedule an indoor air quality report for your home: 800-233-5177, 302-539-5177, www.custommechanical.com.

*Written by Regan Roberts
As seen in "The Sussex County Woman"
and "The Delmarva Parent."
May 15, 2005*

