



Every day, Clark Seif Clark professionals are deployed across the nation helping both large and small customers resolve health & safety, industrial hygiene, environmental and indoor air quality issues.

At a moment's notice, Clark Seif Clark can send their experts anywhere they are needed. No matter if it's in response to a hurricane, wildfire, flood, tornado, or other natural disaster, Clark Seif Clark is ready to help and can respond in no time at all.

## National Radon Action Month and Exposure Risks in Residential and Occupational Environments

According to the U.S. Environmental Protection Agency (EPA), radon is the leading cause of lung cancer deaths among nonsmokers in America. Exposure to radon is believed to cause over 20,000 deaths in the U.S. each year. To help bring awareness to this preventable exposure hazard, the EPA has designated January as National Radon Action Month.

Radon is a cancer-causing radioactive gas that has been found in homes and buildings all over the United States. It comes from the natural breakdown of uranium in soil, rock and water and gets into the air people breathe. A home or building can trap radon inside and the EPA reports that nearly 1 out of every 15 homes in the United States is estimated to have an elevated radon level (4 pCi/L or more).

"For most people, the greatest risk of exposure occurs in the home because that is where they spend most of their time," said Franco Seif, President of Clark Seif Clark. "However, the work environment for many people could also be a significant source of exposure."

Radon can be a problem in new or old properties and in buildings with or without basements. Testing is the only way to know if radon

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is a risk in a home or building and the EPA and the Surgeon General both recommend that all homes below the third floor be tested for its presence.

The radon and indoor environmental quality experts at Clark Seif Clark provide comprehensive radon testing services in residential, commercial and institutional properties. If testing indicates elevated levels of radon, there are radon reduction systems that can be installed to reduce indoor levels.

CSC also recently sponsored an educational video about radon that can be seen here:



To learn more about radon or other indoor air quality, environmental, occupational, health and safety services, please visit [www.csceng.com](http://www.csceng.com), email [csc@csceng.com](mailto:csc@csceng.com) or call (800) 807-1118.

## Indoor Allergens & Steps to Reduce Exposure in the Home or Office

For the millions of Americans with respiratory allergies, asthma or COPD, their home or office can sometimes be the source of allergens that can trigger or aggravate their condition.

According to the American College of Allergy, Asthma & Immunology, nasal allergies are estimated to affect close to 50 million people in the United States. Allergic rhinitis alone results in more than 13.4 million visits to healthcare providers each year. The end result is millions of dollars in medical costs, increased absenteeism and lost productivity.

Some of the most common indoor allergens are associated with mold, dust mites, latex, pollen, pets, rodents and cockroaches.

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**Is It Safe?**

Fortunately, there are indoor environmental quality professionals, such as Clark Seif Clark (CSC), who provide environmental allergen testing services. Testing can quickly identify these allergens in people's homes, schools and work environments.

People with year-round allergies are often being exposed to indoor allergens that they are not aware of. Indoor allergen testing services help to pinpoint specific allergens so that corrective actions can be taken to eliminate or reduce exposure to these substances.

For people who suspect allergens in their home, Clark Seif Clark provides the following tips to reduce allergen exposure. They include:

- Dust the home frequently, but do not simply aerosolize the dust during cleaning.
- When cleaning, use products that do not emit harsh chemicals and volatile organic compounds (VOCs).
- Vacuum frequently using a machine with a HEPA filter.
- Regularly wash bedding and children's stuffed animals in hot water to control dust mite concentrations and to remove other allergens.
- Don't forget to have drapes and window blinds cleaned on a regular basis.
- Install quality furnace filters and regularly change them. Consider using a portable air filtration device, but steer clear of machines that produce ozone.
- Be sure the home is properly ventilated so that pollutant concentrations do not build up indoors and that excess humidity can exit the building.
- Keep the home cool and the relative humidity low to decrease mold growth and dust mite populations.
- If allergic to outdoor pollen, keep doors and windows closed during times with high pollen counts.
- Check for signs of leaks, water damage and mold growth throughout the entire home.
- Don't allow smoking indoors and minimize or eliminate the use of candles and air fresheners.
- Don't leave food out that could attract cockroaches or rodents into the home.
- Keep indoor plants to a minimum if people are allergic to pollen or mold that can grow on the plants or in their containers.
- Bathe pets regularly and keep them out of bedrooms.

CSC also recently sponsored an educational video with tips for reducing allergen exposure in the home that can be seen here:



To learn more about allergen or other indoor air quality, occupational, environmental, health and safety testing services, please visit [www.csceng.com](http://www.csceng.com) , email [csc@csceng.com](mailto:csc@csceng.com) or call (800) 807-1118.

**About Clark Seif Clark:** CSC was established in 1989 to help clients in both the public and private sectors address environmental issues. CSC is a leading provider of these services with multiple offices along the western seaboard and southwest. The company believes in science-based protocols and has a strong background in engineering making them the preferred environmental consultants to healthcare facilities, architects, schools, builders, contractors, developers and real estate professionals.