



# Clark Seif Clark Environmental Newsletter

[www.csceng.com](http://www.csceng.com) 800.807.1118

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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.

## Identifying Concerns Associated with Exposures to Elevated Levels of Indoor Mold

Mold is a natural part of the environment and people breathe it on a daily basis, but exposure to elevated levels of mold in the air in homes, schools or work environments can lead to indoor air quality (IAQ) issues and potential exposure concerns.

In fact, the Centers for Disease Control and Prevention (CDC) shares the following about exposure to mold: *Exposure to damp and moldy environments may cause a variety of health effects, or none at all. Some people are sensitive to mold. For these people, mold can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases, skin irritation. People with mold allergies may have more severe reactions. Immune-compromised people and people with chronic lung illnesses, such as obstructive lung disease, may get serious infections in their lungs when they are exposed to certain types of mold.*

All mold needs to grow indoors is moisture and a food source. Unfortunately, many building materials, furnishings and personal belongings make for an excellent food source if moisture is allowed to enter the indoor environment. Under wet or damp conditions, mold can begin to grow in as little as 48 hours.

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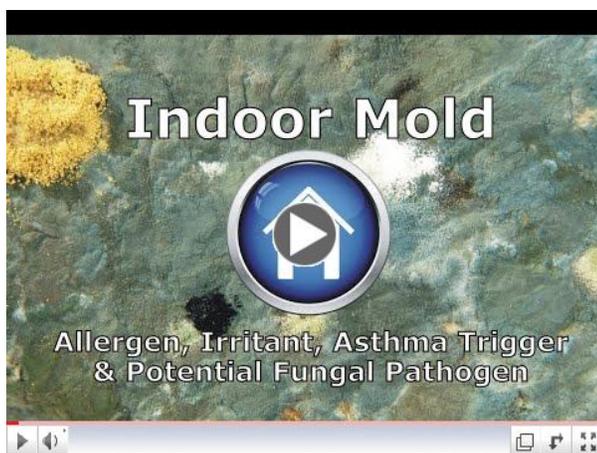
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"People concerned about possible exposure to elevated levels of mold can get answers so corrective actions can be taken if there is a problem," said Franco Seif, President at Clark Seif Clark (CSC). "An indoor environmental assessment, conducted by an experienced professional, will identify any issues that may be present and offer solutions to resolve the situation and keep it from returning."

Helping in these types of situations are the building science and water damage experts at Clark Seif Clark. Their professionals provide building assessments, inspections, testing, monitoring and remediation oversight. They also recently sponsored an educational video about indoor mold and how it can be an allergen, irritant, asthma trigger and potential fungal pathogen. The video can be seen here:



To learn more about this 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.

## How Exposure to Disinfectants and Cleaning Products Could Trigger Work-Related Asthma

The Occupational Safety and Health Administration (OSHA) describes work-related asthma as a lung disease caused or made worse by exposures to substances in the workplace. Common workplace exposures that can cause the condition include contact with dust, mold, animals, plants and various chemicals.

These include some of the chemical compounds used in cleaning products and disinfectants. In fact, the Occupational Health Branch of the California Department of Public Health (CDPH) has published information on this important topic for employers and employees. They suggest avoiding certain ingredients, like bleach (sodium hypochlorite), quaternary ammonium compounds

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**Is It Safe?**

(benzalkonium chlorides) and glutaraldehyde that can cause asthma.

The CDPH's Work-Related Asthma Prevention Program reports that it found that nearly 10% of all work-related asthma cases were caused by exposure to cleaning products. Most of these cases had new asthma that started only after they began work. About one in five people used cleaning products directly, such as janitors. The other 80% of workers attributed their asthma symptoms to cleaning products used nearby.

Work-related asthma can have many negative implications . Increased sick days, excessive medical costs, decreased productivity, higher turnover rates and the impact on quality of life are all issues associated with work-related asthma.

Working to identify asthma triggers and respiratory irritants of all types are the industrial hygiene and indoor environmental quality (IEQ) professionals at Clark Seif Clark. Through building assessments, inspections, testing, monitoring and training services, CSC's experts can help prevent needless exposures to cleaning chemicals, disinfectants, other chemical compounds and microbial asthma triggers such as mold. CSC has even sponsored an educational video about work-related asthma and exposure to cleaning products and disinfectants that can be seen here:



To learn more about this or other occupational, indoor air quality, 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.