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Part I

Prevalence of Sick Building Syndrome in a New Air-Conditioned Building and Effects on Eyes and the Respiratory System

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Our study involved office workers in an air-conditioned building, with fan coil units in every room (building B), and subjects working in 3 naturally ventilated buildings (building A). In the first stage the prevalence of work-related symptoms was assessed by a questionnaire; in the second, 1 year later, 100 subjects were selected at random from each building in an attempt to provide an objective evaluation of ocular and respiratory disturbances. Each subject underwent a spirometry, a methacholine test, prick tests for 17 allergens and a quantitative and qualitative analysis of tears using Schirmer I test and the break-up time (BUT) test. The most frequent complaints in building B were dry air, strong lighting and high temperature. Employees working in this building experienced a statistically higher prevalence of symptoms characteristic of the SBS. In the follow-up 1 year later ocular symptoms, disturbances in the upper airways, general and respiratory symptoms were still persistent. No significant differences emerged in the prevalence of abnormalities in the results of the spirometry test, bronchial hyperreactivity to methacholine ($PD_{50} \leq 3,200 \mu g$), prick tests and in the analysis of tears. The stability of tear film, evaluated by the BUT test, was significantly reduced in employees in the air-conditioned building compared to controls. In consideration of the results of the environmental investigation, that showed an excessive illumination, a low relative humidity and fibre glass on floors and furniture, we conclude that these factors might have contributed to the symptoms referred. However, it remains to be seen whether any of them alone or in association could have played a determining or prevailing role in the ocular alterations we monitored.

Indoor Air Quality Guidelines for Europe

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Human occupants of buildings produce many airborne pollutants: carbon dioxide, water vapor, particulates, volatile organic compounds and biological aerosols. To these can be added chemicals and particulates from activities conducted by these same humans: copying, duplicating, smoking, cooking, polishing, painting, disinfecting, etc. In addition, the building itself, including its furnishings and other contents, contributes chemicals and particulates such as formaldehyde and mineral fibers, plaster dusts and volatile organic compounds. Attempts by regulators to deal with these pollutants one by one have proven to be inefficient, expensive and naive. The task of defining, let alone enforcing, precise exposure levels for the literally hundreds of compounds present in the indoor environment is an enormous one, and it is made even more difficult by the possible interactions between these compounds. However, even in the absence of precise exposure levels for typical indoor pollutants, there is sufficient data available to suggest acceptable guidelines for a broad spectrum of pollutants including carbon dioxide, carbon monoxide, respirable suspended particulates, nicotine and formaldehyde. Values for these pollutants are suggested based on our research involving over 800 major building studies around the world. It is our contention that should such guidelines be adopted and observed, the air quality inside buildings will be found to be acceptable to all but the most hypersensitive occupants. Such guidelines would be technically and economically practical. They also should be acceptable to the real estate and business community since the achievement of the levels suggested can usually be met simply by ensuring that the buildings conform to generally accepted ventilation standards and operating practices that are also defined in this paper.

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