

## Can poor Indoor Air Quality in your office harm your staff?



At Green Cleaners we're on a mission to improve your indoor air and for good reason too. It is important to have fresh air circulating throughout your office. Although we may want to seal up our workplace nice and tight, we have to do it in such a way that we are able to change old, stale air with new fresh air. But you don't have to take my word for it.

Poor indoor air quality is one of the key elements for a sick building. Sick Building Syndrome is a temporary sensitivity to chemicals and symptoms that disappears when one is no longer exposed to the toxin(s). But what are the health consequences of Sick Building Syndrome? The most common symptoms are irritation of the eyes, nose, throat, headaches, fatigue and dizziness. Usually, these symptoms go away when the person is no longer exposed to the irritants.

But it is also possible to develop long-term chronic conditions and diseases like asthma, hypersensitivity pneumonitis and humidifier fever. Other health effects won't even be noticeable till years after the exposure: Respiratory disease, heart disease and cancer. It is extremely important to keep your indoor air healthy.

Poor indoor air quality may be the result of inadequacies of your office's ventilation or emissions of volatile organics and other chemicals – from office equipment and furnishings, building supplies and materials, paints, dirty ventilation systems or water-damage, pest management and **particularly from cleaning chemicals and practices.**

The full health extent of the chemicals in our workplace is unknown. But there is an opportunity to reduce these health risks for your staff by adopting a green cleaning program with Green Cleaners' Commercial products and services. Not only will your workplace be fresh and clean, but you can feel good about the fact that no chemical residues will ever be left behind to potentially harm those who enter your office.

- Improved air quality for your staff and your customers
- Improve staff health and reduce sick days
- Increase staff productivity and moral

**For more information on Green Cleaners' Commercial Cleaning Services please visit us at [www.greencleanersaustralia.com.au](http://www.greencleanersaustralia.com.au)**