



# 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.

## OSHA Warns that Worker Exposure Standards are Out-of-Date

Last month, the Occupational Safety and Health Administration (OSHA) published a news release that stated, "While many chemicals are suspected of being harmful, OSHA's exposure standards are out-of-date and inadequately protective for the small number of chemicals that are regulated in the workplace."

In response, OSHA has created a toolkit to identify safer chemicals that can be used in place of more hazardous ones and created another new web resource: the Annotated Permissible Exposure Limits, or annotated PEL tables. The annotated PEL tables enable employers to voluntarily adopt newer, more protective workplace exposure limits.

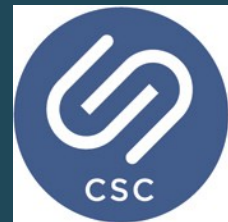
Dr. David Michaels, Assistant Secretary of Labor for OSHA, reported, "There is no question that many of OSHA's chemical standards are not adequately protective. I advise employers, who want to ensure that their workplaces are safe, to utilize the occupational exposure limits on these annotated tables, since simply complying with OSHA's antiquated PELs will not guarantee that workers will be safe."

The annotated PEL tables provide a side-by-side comparison of OSHA PELs for general industry to the California Division of Occupational Safety and Health PELs, National Institute for Occupational Safety and Health recommended exposure limits and the American Conference of Governmental Industrial Hygienist

### In This Issue

[OSHA Warns that Worker Exposure Standards are Out-of-Date](#)

[Indoor Air Quality Experts Educate the Public about Common IAQ Pollutants](#)



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[Mold](#)

[Indoor Air Quality](#)

[Workplace Health & Safety](#)

[Site Assessments](#)

[Energy Efficiency](#)

threshold limit values.

One company that has decades of experience helping to protect workers from chemical hazards and other occupational risks is Clark Seif Clark (CSC). "CSC's occupational hygiene professionals are experts at identifying and testing for chemical hazards and biological threats," reported Franco Seif, President of Clark Seif Clark. "We applaud OSHA's recognition of the need for better protection for our nation's workforce. CSC has professionals ready to assist companies and agencies who take note of OSHA's new annotated PEL tables to ensure that workers are not being exposed to harmful substances."

To learn more about OSHA's new annotated PEL tables or other occupational health and safety issues, please visit [www.csceng.com](http://www.csceng.com), email [csc@csceng.com](mailto:csc@csceng.com) or call (800) 807-1118.

## CSC's Indoor Air Quality Experts Educate the Public about Common IAQ Pollutants

For most people, the vast majority of their day is spent indoors. Whether at home, in the office, or attending school, many people spend up to 90% of their time in indoor environments.

With so much of their day indoors, the quality of the air they breathe is vital to their health. In many homes and buildings, there are numerous potential pollutants that can cause health concerns or even result in various illnesses. Some of these pollutants are primarily found in older structures, but others can be a problem in brand new buildings.

A few of the most common indoor air quality pollutants include the following:

**Mold** - In buildings that have suffered water damage or elevated humidity levels, mold can begin to grow in as short as 24 to 48 hours. Mold can cause respiratory issues, allergies, infections, trigger asthma in some people and expose people to mycotoxins.

**Bacteria** - Many types of bacteria can be found on surfaces and even at times in the air we breathe. From *Legionella*, to a growing number of drug-resistant superbugs, such as MRSA and *C. diff*, many pose potential health concerns.

**Allergens** - Everything from pollen and mold spores to latex and dust mite allergens are frequent contributors to indoor air quality issues.

**Radon** - In many parts of the country, radon can be found and is a potential invisible threat. Radon is the second leading cause of lung cancer after smoking and is odorless, colorless and tasteless.

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**Is It Safe?**

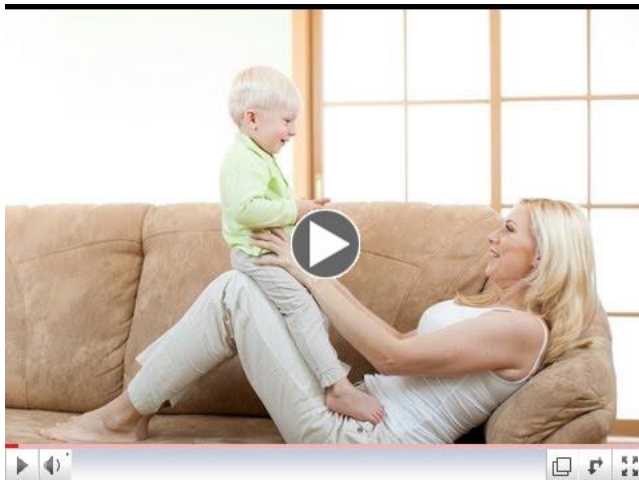
**Formaldehyde and other VOCs** - Many building materials, furnishing and products used indoors emit formaldehyde and other volatile organic compounds, commonly referred to as VOCs. VOCs can be emitted as gases from certain solids or liquids, some of which may have short and long-term adverse health effects.

**Asbestos** - Asbestos was added to many building products in the past to strengthen them and to provide heat insulation and fire resistance. Exposure to asbestos fibers can cause various types of lung cancer, sometimes decades after exposure.

**Lead** - Many buildings built before 1978 contain lead-based paints. As these materials age and degrade, or during renovation, remodeling and demolition activities, they can become airborne and settle on surfaces which could put building occupants at risk for lead poisoning.

For almost 25 years, Clark Seif Clark has been helping people identify both common and uncommon IAQ pollutants. CSC's IAQ experts provide solutions and ways they can be resolved so that people are living and working in healthy indoor environments.

CSC has sponsored an educational video about common IAQ pollutants to help educate people about some of the most frequent reasons for poor indoor air quality. To view the video please click here:



Common Indoor Air Quality (IAQ) Pollutants

To learn more about indoor air quality issues and testing services or other health and safety issues, 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.