



# Clark Seif Clark Environmental Newsletter

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Clark Seif Clark is pleased to bring environmental, health & safety and information about building sciences to thousands of professionals each month. We hope you enjoy the newsletter.

## West Coast IAQ Experts Identify and Resolve Office Air Complaints

In recent years the public has increasingly become aware of how indoor air quality (IAQ) issues can impact their health. This awareness has led to an increase in concerns over the air people breathe while working at the office.

Many office buildings have significant indoor air pollution sources. These sources may result from off-gassing from furnishings, occupant activities, housekeeping practices, pesticide applications, vapor intrusion, and microbial contamination to name just a few.

A major factor greatly influencing the effect of these sources and the overall quality of indoor air in offices is the ventilation system design, operation and maintenance. People generally have less control over the indoor environment in their offices than they do in their homes. As a result, there are large numbers of reported health problems associated with office buildings.

One company that has become one of the leading IAQ consulting firms for identifying and resolving IAQ complaints in the office across the West Coast and Southwest is Clark Seif Clark (CSC).

"IAQ complaints in the office can result from a number of causes or due to a mixture of problems," reported Franco Seif, President of Clark Seif Clark. "IAQ issues can be a challenge to resolve and when they do occur it is essential that a qualified IAQ consultant with extensive experience be utilized so that the problem, or problems, can be correctly identified and ultimately resolved. CSC has the expertise and knowledge to quickly resolve indoor air quality problems in office environments."

CSC has sponsored an educational video about indoor air quality issues in office environments that can be seen at:

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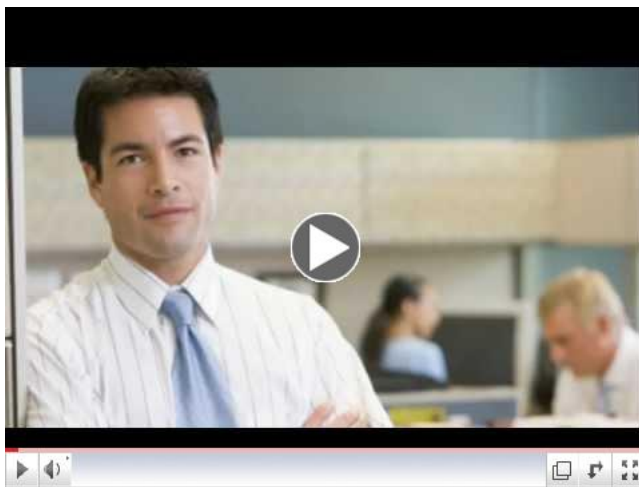
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## IAQ Complaints in the Office

To learn more about how CSC can help with testing for indoor air quality (IAQ) or other environmental issues, please visit [www.csceng.com](http://www.csceng.com), email [csc@csceng.com](mailto:csc@csceng.com) or call (800) 807-1118.

## Clark Seif Clark Educates People about the Health Risks Associated with Mercury Exposure

Not long ago, San Diego's CBS affiliate, KFMB-TV, posted information from the EPA about how to respond to a mercury spill. Most people don't recognize that they come in close proximity to products and materials that may contain mercury on an almost daily basis and that it only takes a small amount to pose a health risk.

Mercury is a naturally occurring element that is found in air, water and soil. It exists in several forms: elemental or metallic mercury, inorganic mercury compounds, and organic mercury compounds. Pure mercury is a liquid metal, sometimes referred to as quicksilver that volatilizes readily.

The metal has traditionally been used to make products like thermometers, switches, and some light bulbs. Many water-based paints used mercury as a preservative until its use was discontinued in 1991. These paints, that contain mercury, should not be used indoors and many old cans of the materials likely exist in people's homes and storage facilities.

Research has shown that mercury exposure at high levels can harm the brain, heart, kidneys, lungs, and immune system of people of all ages. Even mild mercury poisoning cases can result in a loss of sensation to the hands and feet, tiredness, and even

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blurred vision. When a mercury spill occurs it's essential that experienced professionals are involved to ensure that all the mercury contamination is removed and no longer poses a health risk to building occupants. CSC has extensive experience dealing with all types of indoor environmental and indoor air quality contaminants. With offices across the West Coast and Southwest, CSC is ready to respond at a moment's notice.

CSC has sponsored an educational video about mercury exposure and health effects that can be seen at:



### Mercury Exposure and Health Effects

To learn more about Clark Seif Clark and indoor air quality, industrial hygiene, or 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.