

Happy Holidays from CSC!



Clark Seif Clark Environmental Newsletter

www.csceng.com 800.807.1118

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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.

Allergens and Air Quality Concerns from Indoor Plants

The indoor environmental quality (IEQ) professionals at Clark Seif Clark (CSC) provide comprehensive consulting and testing services to determine if indoor plants are causing a degraded environment for building occupants.

The use of plants in indoor environments can create what appears to be a more pleasant environment for building occupants. Research has shown there are several intangible benefits to maintaining live plants in work environments, which are not easy to measure or quantify. However, there are a wide variety of tangible drawbacks to the presence of live plants in indoor work or residential environments.

Listed below are some of the benefits and disadvantages of maintaining live plants in the work environment.

Advantages of live plants indoors:

- Some research has shown that by causing people to be more relaxed, live indoor plants can lower blood pressure and reduce reported headaches, thereby improving worker productivity and job satisfaction

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- In dry environments, indoor plants can increase humidity levels closer to a comfortable range
- There can be a cooling effect by indoor landscapes from plant transpiration
- Strategically placed plants can act as an acoustic dampener to decrease noise levels

Disadvantages of live plants indoors:

- They provide indoor habitats for insects and rodents
- Proliferation of allergens including molds, bacteria and pollens
- Water damage (staining, rust, swelling, etc.) to building materials due to leaks from over watering
- Planters become a catch all for occupants to dump unused portions of drinks leading to rot and unpleasant odors
- Chemicals (i.e. fertilizers, herbicides, pesticides) used during plant maintenance may irritate or intoxicate occupants
- In high humidity environments, plant transpiration and evaporation of water from moist soil may increase the already elevated relative humidity

Clark Seif Clark, a leading provider of indoor environmental and indoor air quality (IAQ) testing services, has decades of experience in helping clients weigh the advantages and disadvantages of plants in the workplace, "The IAQ related issues associated with live plants in the work place are generally associated with the selection of allergen-producing plants, with improper enclosure design or installation, and with insufficient maintenance of the plants," reported Derrick A. Denis, V.P. Indoor Environmental Quality at CSC. "Without proper planning and vigilant maintenance, 'going green' with indoor plants can result in damaged buildings and infirm occupants."

To learn more about how CSC can help with IAQ or environmental issues please visit www.csceng.com, email csc@csceng.com or call (800) 807-1118.

Environmental Information Association (EIA-AZ) announces 2012 Board of Directors and Officers

In celebration of the 23 years of protecting the health and safety of our community, members and friends of the Arizona Chapter of the Environmental Information Association (EIA-AZ) gathered for fellowship and a brief business meeting last Wednesday evening.

The Arizona Chapter of the Environmental Information Association (EIA-AZ) announced the 2012 Board of Director

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Is It Safe?

elections results and declared newly installed officers at the annual Steak Fry celebration held on December 14, 2011 at The Asbestos Institute's newly opened location.

Announced Board members and officers will serve for the 2012 calendar year. EIA-AZ 2011 President Tim Miller graciously handed his title to Joe Palermo. Other officers included President Elect Michael Breu, Vice President Chris Gates, Treasurer Paul Anger and Secretary Virginia Rush.

Election outcomes resulted in two newly selected individuals including Director, *Randy Ballard of Clark Seif Clark, Inc. (CSC)* and Alternate Director, Valerie Brodeur.

The balance of the 2012 Board of Directors include returning Directors: Charles Elmer, Scott McDonald, *Derrick Denis of Clark Seif Clark, Inc. (CSC)*, Ruthann Gates, Vessa Olshove, Adel Assaf, Greg Dozer and Brian Jones.

To learn more about the Arizona Chapter of the Environmental Information Association (EIA-AZ) please visit eia-az.org and/or visit the National EIA's web page at eia-usa.org.

EIA-AZ is a non-profit organization dedicated to the dissemination of environmental information to individuals, members, and industry professionals regarding, but not limited to:

- Asbestos
- Lead based paint
- Dust (PM-10/PM-2.5)
- Microbial remediation and analysis
- Safety and health issues
- Analytical issues
- Environmental site assessments

Each year the EIA hosts environmental educational events on these topics throughout Arizona and California. These outreach events are free to the public and free to businesses.

To learn more about how Clark Seif Clark supports local and federal Health & Safety organizations, please visit www.csceng.com, email 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.