Carbon Dioxide
Carbon dioxide (CO\textsubscript{2}) is an odorless, colorless gas that is a by-product of normal human respiration. Exhaled breath from building occupants is an important source of CO\textsubscript{2} indoors. High CO\textsubscript{2} concentrations indoors can be an indicator of poor air circulation or under ventilation.

Normal outdoor CO\textsubscript{2} concentrations are typically around 350 ppm. An indoor concentration of greater than 1,000 parts per million (ppm) of CO\textsubscript{2} is indicative of a potential indoor air quality problem. CO\textsubscript{2} concentrations below 1,000 ppm usually indicates that the ventilation is adequate to deal with the normal products associated with human occupancy. However, an indoor CO\textsubscript{2} concentration less than 1,000 ppm does not always insure that there is no IAQ problem, there can be other contaminant sources contributing to poor IAQ.

Bioaerosols
The term bioaerosol refers to both living and non-living biological air contaminants. This can include mold or mildew (fungi), bacteria, viruses, algae, animal dander, dust mite allergens, and pollen. These contaminants travel through the air and are often invisible.

Many IAQ problems begin as moisture problems such as leaks or excessive humidity. These moist conditions allow organisms such as mold and mildew to grow rapidly. These conditions can be found in many locations, such as bathrooms, wet appliances (humidifiers and air conditioners), and some carpets and furniture. Mold, mildew and other biological contaminants can also grow in poorly maintained building ventilation systems. These systems can distribute the contaminants through the building to the occupants.

You can reduce your exposure to biological contaminants in several ways:

- Keep the relative humidity level between 30 to 60 percent. Dry off wet surfaces and correct water problems.
- Thoroughly clean and dry water-damaged carpets and building materials or consider removal and replacement.
- Dust mites, pollens, animal dander, and other allergy-causing agents can be reduced, although not eliminated, through regular cleaning.
- Eliminate or greatly reduce indoor plants as the soil harbors fungi, bacteria, and pollen.

If you feel that the quality of air in your workspace is poor, notify your supervisor. If your supervisor cannot resolve the issue through facilities or other means, the RM&S office should be notified by your supervisor.

Need Help?
Contact
Risk Management and Safety
at 334-740-9797
Carbon Monoxide (CO) is an odorless, colorless gas. It is produced whenever there is incomplete combustion of fuels. These fuels may be in the form of wood, charcoal, natural gas, or fuel oil. Carbon monoxide can also be emitted from combustion engines (automobiles, gas powered lawn mowers, etc.), poorly ventilated kerosene or space heaters, furnaces, woodstoves, gas stoves, fireplaces, and tobacco smoke. CO can be introduced into the office environment through the air intakes of the heating, ventilation, and air conditioning units.

Symptoms can range from fatigue, headache, weakness, confusion, disorientation, nausea, and vomiting to death. Carbon monoxide can also be emitted from smoking tobacco smoke. CO can be inhaled and can be deadly. Radon is a radioactive gas estimated to cause many thousands of lung cancer cases in the United States. Radon is a radioactive gas emitted to cause many lung cancer cases in the United States.

Radon gas can enter buildings such as offices, schools, homes, and apartments from the soil, rocks, and water and gets into the air through cracks or other openings in the foundation. Radon gas can enter buildings such as offices, schools, homes, and apartments from the soil, rocks, and water and gets into the air through cracks or other openings in the foundation.