

# THE PROAC PRESS

PROAC Corporation

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## WELCOME TO THE PROAC PRESS



**EXTRA! EXTRA! Read All About It!**

We at PROAC Corporation are proud of our involvement in the environmental movement. Our HVAC refurbishment programs are designed to achieve both energy savings and a healthier indoor environment. To that end, we are members of the United States Green Building Council, Central PA Chapter. The USGBC administers the LEED (Leadership in Engineering and Environmental Design) rating program for building construction and renovation. LEED buildings are designed and constructed using environmentally sustainable building practices. Over the past several years our indoor air quality staff has completed work

in several buildings that have achieved LEED certification and also have been recognized by the USGBC Central PA Chapter including Midd West High School in Middleburg, PA and The Pottstown Elementary School renovations in Pottstown, PA and The Child Care Center at Hort Woods on the Penn State Campus (pictured below).

Please contact us to learn more about our LEED IEQ testing services and how our proactive HVAC refurbishment programs can help you save on energy costs.



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For more information, Call us today.

**877-255-0558**

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## HOLIDAY SAFETY TIPS

The Christmas season is upon us and with the season comes holiday decorating. The National Safety Council offers a list of holiday safety tips that we would like to share.

Never use lighted candles near trees, boughs, curtains/ drapes or any other

flammable materials.

Spun glass "angel hair" can irritate your skin and eyes. Non flammable cotton is a good substitute.

Keep your tree stand filled with water.

Do not display your tree near fireplaces or other heat

sources.

Turn off all tree lights and decorations before leaving the house or going to bed. If buying an artificial tree, please make sure it is labeled as fire resistant and that it carries and Underwriters Laboratory (UL) label.

Please stay safe and enjoy the



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**We are responsible for our client's satisfaction**



## WOOD SMOKE AND YOUR HEALTH



It is winter time in PA, and of course that brings the cold weather. Many of us, especially those of us in the rural communities use wood as a supplemental or primary source of heat. Wood smoke can contain a number of chemicals including Carbon Monoxide (CO). The EPA estimates that 150 people die annually from CO poisoning related to the use of home heating appliances. CO is colorless and odorless. Anyone who operates a wood stove or fireplace should install a CO detector with alarm as

protection against CO poisoning.

Additionally, wood smoke contains particles. Wood smoke may smell good, but is not good for you. Short term exposure to wood smoke can aggravate lung disease, asthma attacks and cause acute bronchitis. Children and older adults are especially susceptible.

Advances in woodstove technology have resulted in cleaner burning, more energy efficient wood stoves. Many of the newer stoves are equipped with a secondary combustion mechanism that burns the particles in the smoke prior to the smoke exiting the chimney. This provides for a cleaner environment indoors and out.

Please burn safely and stay warm this winter.

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