THE PROAC PRESS

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WELCOME TO THE PROAC PRESS

EXTRA! EXTRA! Read All About It!

HVAC Hygiene and Indoor Air Quality

According to the World Health Organization (WHO), poor indoor air quality contributes greatly to health problems and lost productivity in the workplace. Also, according to The National Institute for Occupational Safety and Health, poor ventilation is a contributing factor in many cases of sick building syndrome. A building's HVAC system, without regular maintenance, can become compromised with contaminants such as microbial/bacterial contamination, accumulated dust and debris and damaged fibrous insulation. Each of these contaminants can be transported to the breathing zone and can cause discomfort and/ or allergic reactions to building occupants. Proactive HVAC maintenance is an important component in maintaining good indoor air quality in the workplace. Both the National Air Duct Cleaners Association (NADCA) and the American Society of Heating, Refrigeration and Air Conditioning Engineers (ASHRAE) have recognized the negative health effects of poor indoor air quality in the work place and each has published standards related to the regular inspection and maintenance of HVAC systems. The NADCA document "Assessment, Cleaning and Restoration 2016" and the ASHRAE "Standard 180P" each offer specific time tables for inspection based on building use and tasks related to cleaning/maintenance of HVAC components as guidance for building owners and property managers. PROAC Corporation is a longstanding member of both ASHRAE and NADCA and we offer comprehensive HVAC hygiene programs that promote a healthy indoor air quality environment as well as producing energy and cost savings due to increases in efficiencies. Please call us today to discuss how we may help you achieve better indoor air quality and receive cost/energy savings in the process.

In this issue:

PROAC CORPORATION
PROACTIVE BUILDING MAINTENANCE

For more information, Call us today.

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ULTRAFINE PARTICLES AND MENTAL HEALTH

A new field of study related to ultrafine particles and the human brain has revealed that inhaling dirty air can cause Alzheimer's and Dementia. Ultrafine particles, as found in auto exhaust, are defined as particles 2.5 micrograms (ug) or less. The smaller the particle size, the greater the level of oxidative stress. Known health hazards related to the inhalation of ultrafine particles include asthma, heart disease and lung cancer, however new studies suggest that exposure can also harm the brain by accelerating cognitive aging and may even increase the risk of Alzheimer's and other forms of dementia. An 11 year study completed by researchers at USC reports that women living in areas with PM 2.5 exposures higher than the EPA standard of 12 ug/m3 nearly doubled Dementia risk in older women. They estimate that air pollution could account for roughly 21% of Dementia cases world wide. A study conducted by Harvard Medical School concluded that the closer a person lives to a major highway, the smaller the cerebral brain volume. The air you breathe can hurt you.

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PROACTIVE BUILDING MAINTENANCE

CENTRAL PENNSYLVANIA

NADCA
The HVAC Inspection, Maintenance and Restoration Association

MEMBER OF Indoor Air Quality ASSOCIATION INC.

ON THE WEB www. proaccorp.com

We are responsible for our client's satisfaction

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FIRE DAMPER INSPECTION AND CLEANING

Fire dampers play an important role in the safety of a facility. Fire dampers are passive fire prevention products used in HVAC ducts as a means of preventing the spread of fire inside the ductwork through fire resistance rated walls and floors. In the US, the Joint Commission, State Fire Marshalls and Authorities Having Jurisdiction (AHJ's) require that dampers be tested at specific intervals. The National Fire Protection Agency (NFPA) requires fire dampers and combination fire/ smoke dampers be inspected 1 year after installation then every 4 years except in hospitals where the subsequent inspections shall be every six years. The documentation is to include the location of the damper, the date of inspection, name of the inspector, and deficiencies discovered if applicable.

PROAC Corporation offers a comprehensive fire damper inspection protocol that incudes identification of damper locations, cleaning of the dampers using HEPA vacuums and manually operating the dampers to ensure the damper is operating properly. We generate a report detailing this information and we include photographs of each damper prior to cleaning, after cleaning, the damper in the open position and the damper in the closed position. Inoperable dampers and the reason that the damper could not be operated are listed in the report as well as any dampers that could not be accessed for cleaning/inspection. We will recommend alternate ways to access inaccessible dampers. Please contact us to discuss how our fire damper inspection protocol can help your facility remain in compliance.

Fire damper in open position before cleaning

Fire damper in closed position after cleaning

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