

VENTILATION / INDOOR AIR QUALITY

GENERALITIES :

We spend nearly 80% of our time in closed environments (home, office, public transport ...) in which we can be exposed to many pollutants. The quality of the air breathed in these spaces is therefore an element to be monitored for our health and well-being. This is why it is important to know **the best practices for promoting healthier indoor air**.

The main sources of indoor air pollution



❖ Outdoor environnement

- Outdoor air pollutants
- Biological agents (Covid-19, influenza...)
- Radon
- ...

❖ Human activities

- Renovation work
- Household product
- Home fragrance

❖ Equipements

- Furniture
- ventilation and air conditioning wrongly regulated or maintained
- Combustion device (ex: boiler)

❖ Construction materials and decoration

- Carpet
- Paint
- Varnish
- Glue

Good practices to adopt

VENTILATE :

- REGULARLY the rooms by opening the windows (at least 5min every hour)
- BEFORE and AFTER a meeting
- Do not interfere with the operation of the ventilation systems: contact Technical Services in the event of a malfunction



FOLLOW THE INSTRUCTIONS FOR USE :

- Do not use auxiliary heaters (other than electric) continuously, or generator sets indoors.
- If you use chemicals (upkeep, maintenance, etc.): follow the instructions for use on the label. Use protective equipment if necessary and ventilate the room.
- Do not smoke indoors (smoking is prohibited in our buildings)



RESPECTE THE SAFETY PRECAUTIONS :

- Wear a surgical mask
- Avoid standing face to face
- Wash your hands regularly
- Respect a physical distance of at least 1 meter
- Greet without shaking hands and avoid hugs