

# Indiana IAQ

May/June 2011 | Issue

## About Indiana IAQ:

This is *the* newsletter for those interested in Indoor Air Quality (IAQ). This newsletter is developed from the many questions and concerns received from its readers. Information is collected and applied this way to the articles published.

Who can write in? Anyone! Contractors, mitigation technicians, restoration and remediation technicians, real estate professionals, banks, doctors, lawyers, insurance professionals, investors, anyone with an interest in IAQ.

To submit an idea for an article, write to:  
[IndianaIAQ@solutionsiec.com](mailto:IndianaIAQ@solutionsiec.com).

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## Inside This Issue of Indiana IAQ

As always there is a lot going on here at SOLUTIONS and we are glad you are taking the time to read this newsletter for us to share some of those things with you. In this edition of Indiana IAQ you will read about changing accreditations for SOLUTIONS IEC, various contaminants that cause disease, and what can be done about assessing contaminated environments. Before we get into all of that, though, I would like to introduce you to our new facebook page:

[www.facebook.com/SolutionsIndoorEnvironmentalConsulting](http://www.facebook.com/SolutionsIndoorEnvironmentalConsulting)

After putting this off for a long time, I was sold on the idea of a facebook page for SOLUTIONS. I hope that you will take the time to check it out, become a fan, and let us know what you think. As with this newsletter we are looking forward to your input so we can provide the kind of information that you are looking for in a SOLUTIONS facebook page.

As always, I welcome any of your comments and questions. You can contact the newsletter at [IndianaIAQ@solutionsiec.com](mailto:IndianaIAQ@solutionsiec.com) or me directly at [jasony@solutionsiec.com](mailto:jasony@solutionsiec.com).

Have a blessed day!

— Jason Yost



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## Building Biology & Occupant Disease

Many people experience property damages. Consider for a moment that *in one month* after the 2008 Midwest floods, the Federal Emergency Management Agency (FEMA) was working on 39,978 claims in Iowa, Illinois and Indiana alone—with tens of thousands more to follow in the months to come—and you get the picture: There are a lot of people suffering with terrible property damages all of the time.

The outcomes of these damages are sometimes healing, quick emergency response and restorative efforts, bringing people back to their homes safely, other times they are not. What we would like to discuss here are those situations where people begin to feel sick inside their offices or homes after one of these tragedies and put into perspective things to consider and ways to respond to these disasters.  
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## Your Spring Allergies may not Just be Related to High Pollen Counts

It has been reported that more than 50 million Americans suffer from allergies. Some sufferers experience short-term seasonal allergies, while a growing number experience chronic, year-round allergic reactions. Recently, the Asthma and Allergy Foundation of America (AAFA) released their list of the top ten cities for spring allergies. This year Knoxville, Tennessee was listed as the worst city for spring allergies.

As the weather continues to warm, signs of spring are all around. Flowers are blooming on trees, shrubs and all types of plants are releasing large amounts of pollen into the air. This pollen impacts millions of Americans who suffer from allergies. Perhaps the most common symptom of chronic allergies is rhini-

tis, also known as hay fever. It causes an itchy, runny nose, congestion and sneezing.

People's allergies may not be solely caused by high pollen counts. Airborne allergens in homes, schools and offices are one of the most common causes for allergic reactions. Many Americans spend up to 90% of their day in indoor environments so it's essential to examine the air in these environments to identify what could be causing chronic allergic problems. Some of the most prevalent airborne triggers include: Mold & Bacteria, Pollen, Dust Mites & Pet Dander, Bugs & Rodents, VOCs and Formaldehyde, Smoke & Particulates.

Many of these allergens can also trigger asthmatic attacks, asthma affects up to 7% of the entire population. Asthma attacks cause an inflammation of the lungs and

airways leading to difficulty in breathing and sometimes even death.

"Just because it is spring doesn't mean the cause of your sniffles is due to pollen," reported Joe Frasca, Senior Vice President, Marketing for EMSL Analytical. "There are simple tests that can be performed to make sure indoor environments do not have elevated levels of allergens. Eliminating the source of allergens in indoor environments can make a huge difference in the quality of life for people who suffer from allergies or asthma,"

Author: EMSL Analytical, Inc. is a nationally recognized and locally focused provider of quality environmental and materials testing services and products. For more information on EMSL Analytical, Inc. visit their website at [www.emsl.com](http://www.emsl.com) or call (800) 220-3675.

## Building Biology & Occupant Disease

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Of course a topic that covers such a broad category of potential subject matter could be a novel. To keep things simple, though, we just want to cover the fundamentals of building biology and what it means when you begin to sense something is unhealthy with the building and/or yourself.

Often we get calls from clients who are experiencing ill symptoms while inside a building but not outside of it. When we get these calls we have to determine what the potential contaminant(s) may be. Which leads to our first thing to remember:

*Not everything is a result of mold—even on water damages!*

Take, for example, hypersensitivity pneumonitis. Hypersensitivity pneumonitis takes place when the body is exposed to an inhaled foreign substance that causes an allergic response in the form of inflammation of the lungs. Sure, some molds can cause this, but so can organic dusts and some bacteria, such as *thermophilic actinomycetes*. Which leads to the second thing to remember:

*It is very important that causative agents (of ill health) are identified as a part of the assessment and restoration process!*

It is sad to admit, but this is not a process commonly performed during normal restoration investigations, at least those where an indoor environmental consultant is not involved. Which leads to another point to remember:

*Don't assume the experience and training of your contractor—make sure it fits your needs and expectations before you hire them!*

AND

*Don't delay getting a professional assessment performed on any property damage by a qualified expert!*

A lot of people do delay the inspection process, trusting that a restoration company will be performing these types of assessments and remediating problems associated with found contamination, but that is hardly the case. In fact, restoration standards of care and authoritative associations and insti-

tutes of learning state that restoration companies that perform their own pre- and post- restoration assessments are operating within a conflict of interest (for more on conflict of interest practices see Indiana IAQ's April 2010 issue).

Be that as it may, remember this:

*There are usually complications with doing these assessments after restoration takes place!*

Even the best indoor environmental consultants cannot see through history and restoration processes already performed. Having the indoor environmental consultant involved throughout the restorative processes allows you a confidential expert that works to empower you through a process of restorative healing.

Here is an example of a project without an indoor environmental assessment:

John Doe has an insurance claim where Misc Roofing performs a partial roof repair. Months after the repairs, Mr. Doe realizes that the roof was not ventilated properly and water was coming into . . . (continued on page 3)

## Jason Yost Receives Prestigious Professional Designation

Jason Yost has been awarded the Council-certified Indoor Environmental Supervisor (CIES) by the American Council for Accredited Certification (ACAC). This prominent designation recognizes Jason's knowledge and field experience in supervision of the indoor environmental remediation industry.

The ACAC offers independent, accredited certifications to experienced professionals. Council certificate holders have demonstrated their knowledge and experience in such fields as building sciences, industrial hygiene, indoor environmental risk assessment and microbial investigation, remediation and consulting. Council certification programs are the most rigorous in their fields and maintain the highest professional standards.

Jason already holds three other of the industry's most prestigious awards:

- Council-certified Indoor Environmental Consultant, CIES
- Council-certified Microbial Remediation Supervisor, CMRS
- Council-certified Structural Drying Supervisor, CSDS

Jason says that he uses his knowledge base and advanced studies to "help our clients find solutions to their indoor environmental problems; in fact, that was the whole point of starting SOLUTIONS [Indoor Environmental Consulting] to begin with. I saw a real need out there and wanted to answer that need."

SOLUTIONS Indoor Environmental Consulting is one of a handful of companies with this kind of extensive peer-reviewed and awarded knowledge and experience. "And that is what makes us so truly unique and different. We're capable of helping our clients find solutions to their needs." Jason states. "And this is what we try to do everyday."

The American Council for Accredited Certification is a non-profit professional association dedicated to independent, third part accredited certifications. Our mission: To establish credible certifications that provide lasting value to professionals, their clients and the public. Our goal: To serve the public interest with integrity as an independent certifying body.

To learn more about SOLUTIONS Indoor Environmental Consulting or the American Council for Accredited Certification, please visit:

[www.solutionsiec.com](http://www.solutionsiec.com)

or

[www.acac.org](http://www.acac.org)

## Building Biology & Occupant Disease

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... his home through the progressively worsening roof, windows and doors. While Mr. Doe did complain to the roofing company, Mr. Doe took it upon himself to "fix" the roof by installing "whirly bird vents" at the roof's peak.

Satisfied with his repairs, Mr. Doe does not pursue the issues until he discovers mold where the water had intruded his home *and* water was intruding through water damaged windows and doors. Be-

lieving this damage was a result of the roof, Mr. Doe complains again to the roofers.

To make a long story short, Mr. Doe and the roofing contractor's insurance company hire lawyers, an indoor environmental consultant is hired to inspect the property, and things get very tense—for everyone.

By the time the indoor environmental

consultant arrives two years have passed since the initial repairs and there have been no reports of roof leakage since Mr. Doe installed the whirly-bird vents a year and a half ago. Yet, Mr. Doe asks, "Do you think all of this came from the roof? And, don't you think I'm sick because of this mold?" You don't have to be an expert to see how difficult answering those questions can be after all of that!

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**SOLUTIONS**  
Indoor Environmental Consulting

*“Don’t let problems with poor indoor environmental quality take control of your life. Empower yourself with SOLUTIONS—Indoor Environmental Consulting—today!”*

**(877) 624-7185**

We’re on the web!

[www.SolutionsIEC.com](http://www.SolutionsIEC.com)

And

[www.facebook.com/  
SolutionsIndoorEnvironmentalConsulting](http://www.facebook.com/SolutionsIndoorEnvironmentalConsulting)

SOLUTIONS IEC is a truly experienced business that, with over eighteen years of mitigation, restoration, remediation and hygiene practices, can assist you in determining the Category and Condition of the damaged structure; develop a protocol that is real and specific to the structure; and can provide expertise beyond just an inspector’s role. Our staff of professionals have been recognized in a number of professional specialties such as indoor environmental consulting (Council-certified Indoor Environmental Consultants) and microbial remediation supervision (Council-certified Microbial Remediation Supervisors) - two of the most prestigious awards in the industry today! Don’t let poor IEQ take control of your life. Empower yourself with SOLUTIONS—Indoor Environmental Consulting—today!



## Building Biology & Occupant Disease

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Had the indoor environmental consultant been involved initially everyone would have known:

- Where the moisture was coming in and to what extent it was effecting the building
- The condition of the windows, doors, roof and other building components
- The actual and immediate impact of the roof damage and water intrusion (s) on the indoor environment
- Gained an independent protocol with goals and direction for restorative, remediative and health and safety processes to secure the actions of all parties on the claim
- Received a valuable, in-time, review of post-restoration/remediation processes and their effectiveness at meeting the protocol’s goals and procedures

There wouldn’t have been all of this con-

fusion, chaos, discomfort and disease, and heartache.

The same type of example could be shared for just about any property damage out there. So ask yourself:

*Why take chances with everyone’s health and safety during and after the building’s restoration when you can gain solutions to your actual needs, reduce risk, and provide for guidance toward a successful restorative process the first time around?*

I heard that calling early in my career and developed SOLUTIONS to provide just that kind of service. When you call SOLUTIONS you will gain the expertise and resources of a trained, experienced indoor environmental consultant—that will work with you before, during and after the restoration process.

*And I mean they will work for you and be there for you throughout the restoration process!*

For questions give us a call. We provide no obligation estimates and pre-inspection surveys at your convenience. Phones are open Monday through Friday 8 a.m. through 7 p.m. (Eastern Standard Time, EST) and Saturday 9 a.m. through 5 p.m. You can also submit an IAQ Questionnaire from our website and a client service professional will review it and contact you back promptly.

*Don’t put off your needs another day—empower yourself with SOLUTIONS today!*

Author: Jason Yost, CIEC, CMRS, CSDS, and CIES, is owner of SOLUTIONS IEC, and has been in the cleaning, restoration, remediation, mitigation, and IAQ industry for over eighteen years. Jason is a member of the Indoor Air Quality Association and a board member of the American Council for Accredited Certification. Visit Jason’s IAQ PRO.FILE at: [www.iaqa.org/profile\\_agreement.asp?id=223](http://www.iaqa.org/profile_agreement.asp?id=223).