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SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3 style="margin: 0;">Indoor Air Quality</h3> <ul style="list-style-type: none"> • The primary cause of indoor air quality problems are pollution sources that release gases or particles into the air. Sources of indoor air pollution include: <ul style="list-style-type: none"> ○ Combustibles like oil, gas, kerosene, coal, wood, and tobacco. ○ Building materials such as deteriorated asbestos insulation, damp carpets, or furniture made of certain pressed wood products. ○ Certain household cleaning products. ○ Poorly maintained central heating and cooling systems and humidification devices. ○ Outdoor sources like radon, pesticides, and outdoor air pollution. • Inadequate ventilation can increase indoor pollutant levels failing to bring in sufficient outdoor air to dilute emissions from indoor sources or carry indoor pollutants out of the building. High temperature and humidity levels can also increase concentrations of some pollutants. • Generally the most effective way to improve indoor air quality is to eliminate individual sources of pollution or to reduce their emissions. Another approach to decreasing indoor air pollutants is to increase the amount of outdoor air coming inside by opening windows, using window or attic fans, or running a window air conditioner with the vent control open. • However, in many cases, source control is a more cost-efficient approach to protecting indoor air quality because increasing ventilation can increase energy costs. Air cleaners are also available, and may help with indoor air quality by removing particles in the air, but they are typically not designed to remove gaseous pollutants. 	<h3 style="margin: 0;">Instructor Tips</h3> <ul style="list-style-type: none"> • Ask workers for examples of how certain sources of indoor air pollution can be controlled (asbestos, can be sealed or enclosed, gas stoves or kerosene heaters can be adjusted to decrease the amount of emissions).
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Reference: National Center for Energy Management and Building Technology