

IS YOUR INDOOR AIR CLEAN?

IAQ: An Unseen, Critical Issue



IAQ: EVERYWHERE & UNSEEN

The air we breathe indoors, and the HVAC systems providing it, aren't something we see or really think about. But indoor air quality (IAQ) has a direct impact on the health and well-being of a building's occupants. Poor IAQ can result in:



Sick Building Syndrome



Reduced Productivity



Spreading Pathogens



Impaired Learning

WHAT IS YOUR INDOOR AGE?

90%
of our time is spent indoors

Research shows that we spend 90% of our time indoors, so your indoor age is 90% of your actual age. It shows how many years you've already spent indoors.¹

Multiply your age by 0.9 to see how many years you've already spent indoors!

THE
AVERAGE
PERSON
WILL SPEND
66 YEARS
INDOORS

73^{YRS}



is the average human lifespan³

We can't see IAQ. But, if we spend most of our time indoors, making sure the air we breathe is clean and healthy should be an obvious imperative.²

In fact, based on the average lifespan (73 years), we know the average person will spend 66 years of their life indoors.

If you consider the fact that we spend most of our time indoors, the need for good IAQ becomes an obvious imperative.

SOURCES

¹ Joseph G. Allen, director of Harvard's Healthy Buildings Program: <https://forhealth.org/>

² Environmental Protection Agency: <https://www.epa.gov/>

³ The World Health Organization: <https://who.int>