saif

Industrial Hygiene Report

Prepared for: Hillsboro School District

Location: Hillsboro High School

Dates of sampling: 4/1/2019 – 4/5/2019

Date submitted: 8/8/2019 Date of Report: 8/9/2019

This report provides an interpretation of indoor air quality (IAQ) data gathered from Hillsboro High School in Hillsboro, Oregon. The IAQ data was obtained without any involvement from SAIF and the validity of resulting statements and recommendations relies on Hillsboro School District's IAQ equipment and sampling process.

All sampled rooms were below OSHA's Permissible Exposure Limits and the American Conference of Governmental Industrial Hygienists' recommended 8-hr Time Weighted Average threshold limit values for both Carbon Monoxide and Carbon Dioxide.

Sampling Environment

Hillsboro High School provides typical educational space for 9th-12th grade students. According to Hillsboro School District sampling was conducted in four different rooms (CA room, LA room, math/science room, and SS room), each with typical occupancy load during the sampling process.

Sampling Apparatus and Methodology

A GrayWolf IQ-410 unit *(serial# 05-1297, last factory calibrated on 1/4/19 but not field pre- and post-calibrated before and after sampling)* was used to obtain measurements of Carbon Dioxide (CO_2), Carbon Monoxide (CO), temperature and relative humidity. The monitor was used for data logging sampling over an approximate 24-hour period in each classroom, taking readings every two minutes. The four parameters mentioned above are generally used to evaluate the overall air quality and comfort levels of indoor air in office spaces and classrooms.

Sampling Results and Interpretation

Sampling results show that Carbon Dioxide and temperature ranges fall outside of the guidelines provided by the American Society of Heating, Refrigeration, and Air-Conditioning Engineers (ASHRAE) during some of the normally occupied times at this school. However, both Carbon Dioxide and Carbon Monoxide were below Oregon OSHA PELs and the ACGIH TVLs.

Table 1: Indoor Air Quality Parameters and Results

Classroom	Carbon Dioxide Max	Carbon Monoxide Max	Temperature Ranges	Humidity Ranges
Outdoor sample	*465 ppm*	*0.7 ppm*	*54° – 58° F*	*56 – 60%*
CA	935 ppm	0.3 ppm	73° - 77° F	33 - 44 %
LA	1,242 ppm	0.8 ppm	69° - 75° F	36 – 46 %
Math/Science	1,175 ppm	0.6 ppm	74° - 76° F	39 – 49 %
SS	1,636 ppm	1.4 ppm	62° – 77° F	30 – 59 %

- *Color coding: Green = within recommended ranges and below required limits, Yellow = Outside of recommended ranges, Red = Exceeds OSHA Permissible Exposure Limits (PELs).*
- *Table only includes data from typically occupied time periods (7:30am – 4:00pm)*
- *Refer to time history report and graph for sample times and details*
- *Pre/post field calibration wasn't part of the sampling process, so these results should be viewed as simple indicators and additional sampling may be needed to better assess conditions.*

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Carbon Dioxide (CO2)
Carbon Dioxide is a normal constituent of exhaled breath and is typically found in outdoor atmospheres at concentrations of 300-400 parts per million (ppm). CO2 levels are typically higher inside in buildings than outside due to human occupancy. According to the American Society of Heating, Refrigeration, and Air-Conditioning Engineers (ASHRAE 62.1-2010), it is desirable to maintain a steady-state CO2 concentration in a space of no greater than about 700 ppm above outdoor air levels (1,000 - 1,100 ppm). If concentrations exceed this, it's indicative of adequate amounts of outdoor air not being provided for dilution ventilation and comfort. This recommendation does not mean that exceeding 700 ppm above outdoor readings is hazardous, but rather that complaints may arise and hence, that additional outdoor make-up air needs to be provided to the building. The Oregon OSHA Permissible Exposure Limit for CO2 is 5,000 ppm. The American Conference of Governmental Industrial Hygienists' (ACGIH) recommended 8-hr Time Weighted Average (TWA) threshold limit value (TLV) is 5,000 PPM.

Carbon Monoxide (CO)
Carbon monoxide is a colorless, odorless, and tasteless poisonous gas produced by the incomplete burning of any material containing carbon – gasoline, natural gas, oil, propane, coal, or wood. It is harmful because it displaces oxygen in the blood and deprives the heart, brain, and other vital organs of oxygen. It is one of the leading causes of poisoning by inhalation and is a common workplace hazard. Mild exposure to carbon monoxide can cause nausea, dizziness, or headache. Prolonged or high exposure may worsen symptoms and include vomiting, confusion, collapse, loss of consciousness, and muscle weakness. Symptoms vary from person to person. Severe exposure can result in permanent brain and heart damage or death. Heart and lung conditions, vascular disease, anemic conditions, barbiturate and alcohol use, and smoking increase susceptibility to carbon monoxide poisoning. Symptoms of mild poisoning include headaches and dizziness at concentrations less than 100 ppm. Oregon OSHA's permissible exposure limit (PEL) is 50 PPM and the ACGIH TLV-TWA is 25 ppm. Carbon monoxide is produced from the partial combustion of carbon-containing compounds, notably in internal-combustion engines. Carbon monoxide is a significantly toxic gas and has no odor or color. It is the most common type of fatal poisoning in many countries. Exposures can lead to significant toxicity of the central nervous system and heart.

Temperature:
The OSHA technical manual recommends temperature for a comfortable indoor work environment to range between 68°F and 76°F. ASHRAE recommends indoor temperatures to be within 68.5°F to 75°F during winter months, and 75°F to 80.5°F during summer months.

Relative Humidity and Moisture:
OSHA technical manuals recommend maintaining the relative humidity between 20% and 60% to help maintain a comfortable indoor air quality environment and below 70% to prevent mold growth. Molds can be found almost anywhere; the can grow on virtually any substance, providing moisture is present. Molds can grow within wood, paper, carpet and foods. When excessive moisture accumulates in buildings or on building materials, mold growth will often occur, particularly if the moisture problem remains undiscovered or unaddressed. There is no practical way to eliminate all molds and mold spores in the indoor environment. The key to control indoor mold growth is to control moisture. If mold is discovered, clean it up immediately and remove excess water or moisture.

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Conclusions
As can be seen in Table 1, all sampled rooms at Hillsboro High School were below the Oregon OSHA Permissible Exposure Limits (PEL) and the ACGIH TLVs for both Carbon Monoxide (CO) and Carbon Dioxide (CO_2). However, three of the sampled rooms had time periods that were outside of the recommended range for CO_2. Also, one room had times with LOW temperatures outside of the recommended range. These levels aren't unsafe for occupants but may provide for an uncomfortable work environment.

Recommendations
- Inspect the school's HVAC system and adjust to increase the amount of outdoor air being delivered to the three rooms that exceeded the recommended levels of CO_2 to bring levels down to 700 ppm or less over outdoor air concentration.
- Verify that temperature control units in class rooms work properly and are placed in desirable locations and adjust to bring the SS room within recommended range.

Please let me know if you have any questions or concerns of if I can be of any further assistance.

Sincerely,

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