



Creating Healthier Hotels: Improving Indoor Air Quality and Reducing Toxins

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Presenter

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Why Improve IAQ and Reduce Toxins in your Facility?

- Protect workers and guests
- Body burden (www.chemicalbodyburden.org/whatisbb.htm): we each carry ~700 synthetic chemicals in our bodies
- Toxic use reduction is appealing to many hotel customers

Getting the Information You Need

- MSDS Sheets
- Federal household products database:
<http://hpd.nlm.nih.gov/index.htm>
- Certification programs
 - Green Seal
 - Greenguard
 - Green Label

Improving Indoor Air Quality, 1

- Assure good ventilation: too little leads to poor indoor air quality; too much reduces energy efficiency
- Consider smart controls and heat-exchanging ventilation
- Routinely inspect vents, belts, fans: can have energy efficiency benefits as well

Improving Indoor Air Quality, 2

- Assure that your make-up air is far from truck exhaust, chemicals and dust
- Combustion sources (sterno, gas stoves, furnace, cars) can be unhealthy; use CO monitors, seal ducts
- Low VOC: paints, carpets, sealants, caulks, adhesives, furniture, wallboard
- Avoid formaldehyde in countertops, glued wood, particleboard, insulation

Toxic Use Reduction, 1

- Integrated pest management
- Green cleaning products
- Organic Landscaping

Toxic Use Reduction, 2

- Boiler and chiller water treatment: consider non-chemical and less toxic alternatives
- Pool chemicals: storage hazards, alternatives, overuse
- Contaminants build up in carpets. Use removable carpets at entrance-way that trap what's brought in. Remove and clean regularly

Toxic Use Reduction, 3

- Develop a plan for mercury
- Mercury is in bulbs, thermostats, switches, gas and water flow meters, boilers, standing pilot lights
- Ensure proper disposal at end of life
- Faulty seals and preparation for disposal can cause exposure and vapor emissions
- Substitute other products when upgrading, except fluorescent bulbs

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