

Care CEUs

OSHA Indoor Air Quality

Background

1. The Center for Disease Control and Prevention estimates that the majority of Americans spend approximately _____% of their time indoors.

- A. 50
 - B. 70
 - C. 90
 - D. 95
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2. Some experts believe that more people may suffer from the effects of indoor air pollution than from outdoor air pollution.

- A. True
 - B. False
-

Sources of Indoor Air Pollutants

3. The relative importance of any single pollution source depends on which of the following?

- A. How much of a given pollutant it emits.
 - B. How hazardous the emissions are.
 - C. Occupant proximity to the emission source.
 - D. All of the above.
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Prevention and Control of IAQ Problems

4. Buildings should be maintained under which type of pressure?

- A. Positive
 - B. Neutral
 - C. Negative
 - D. Pressure is irrelevant
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5. The humidity should be kept between _____% and _____%.

- A. 20, 30
 - B. 30, 60
 - C. 40, 50
 - D. 35, 70
-

Appendix A: Common Indoor Air Contaminants

6. Exposure to high levels of which gas can cause hypercapnia?

- A. Oxygen
 - B. Carbon monoxide
 - C. Carbon dioxide
 - D. Radon
-

7. Radon is radioactive.

- A. True
 - B. False
-

8. Concentrations of many VOCs are up to 50 times higher indoors than outdoors.

- A. True
 - B. False
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