

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

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.

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

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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