TEST QUESTIONS: Indoor Air Quality Safety

Your Name:		**Date:**	
Company:		**IEC #:**	

1. **Chemicals, dusts, moulds or fungi, bacteria, gases, vapours, and odours are all examples of indoor air contaminants that can cause indoor air quality problems.**
   a) True
   b) False

2. **The following are examples of biological pollutants from living organisms that can affect your indoor air quality: (Circle all that apply)**
   a) Mould and fungi (usually from moisture
   b) Bacteria (such as legionella)
   c) House dust mites from carpets, fabric, etc.
   d) Carbon monoxide (CO)
   e) Pet dander

3. **The most effective way to reduce indoor air pollution is to remove or reduce the source of contamination. One example of this is to make ventilation improvements to your home/building.**
   a) True
   b) False

4. **All the following are symptoms linked to poor indoor air quality: (Circle all that apply)**
   a) Dryness and irritation of the eyes, nose, throat and skin
   b) Headache
   c) Fatigue
   d) Shortness of breath
   e) Dizziness
   f) Nausea

5. **Residential indoor guidelines recommend short-term exposure limit of 1 hour for carbon monoxide at 28.6 mg/m3 (25 ppm).**
   a) True
   b) False