

Indoor air contaminants, sources & health effects

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Controlled
Environments
Accreditation
No.15597

Indoor Air Pollutants	Sources	Health Effects
Carbon Monoxide	Gas stoves, space heaters, vehicle exhausts	Headaches, nausea, impaired manual dexterity, impaired visual perception, impaired ability to learn, unconsciousness
Carbon Dioxide	Tobacco smoke, metabolism and expired air from the lungs	Drowsiness, headache, irregular breathing
Nitrogen Oxide	Combustion by-products, space heaters, gas heaters	Headaches, nausea, bronchitis, emphysema, pleural edema, CNS effects
Asbestos	Fire retardant materials in ceiling tiles and ventilation shafts, insulation, cement powders, roofing felts.	Non-malignant respiratory tract diseases, bronchial gastrointestinal and genitourinary cancer, mesothelioma
Formaldehyde	Urea formaldehyde foam insulation, particle board, plywood, aerosols, tobacco smoke, flame retardant, crush proof and shrink proof fabrics	Respiratory, eye and skin irritations, sensitisation, headaches, nausea, suspect carcinogen
Hydrocarbons and other organic chemicals (i.e Toluene, Xylene, Benzene)	Copier toner, floor and furniture polish, cleaning products, aerosols, paint, carpet adhesives, office glues, liquid paper eraser products, pesticides	Respiratory irritations, dermatitis, headaches, nausea, cumulative bone marrow damage
Ozone	Photocopiers, electrical machines, automobile exhaust	Respiratory and eye irritations, decreased visual acuity, pleural edema
Tobacco smoke	Cigarettes, cigars, pipes	Allergies, respiratory and eye irritations, cancer
Microorganisms (fungi, bacteria, viruses)	HVAC systems, water damaged buildings, indoor vegetation, people	Allergies, respiratory and eye irritations
Fibreglass	Insulation materials	Respiratory and skin irritations
Pesticides	Foliage sprays and powders, building premises sprays and powders	Respiratory system and eye irritations, neurological and liver damage, cancer

CONTACT OPIRA NOW
1300 157 969
SOLUTIONS@OPIRA.COM.AU

OPIRA BRISBANE
32 DIVIDEND ST
MANSFIELD, QLD 4122

OPIRA MELBOURNE
25 GRAHAM RD
CLAYTON SOUTH, VIC 3169

OPIRA PERTH
1/194 CANNING HIGHWAY
EAST FREMANTLE, WA 6158

OPIRA SYDNEY
20 DUKE ST
FORESTVILLE, NSW 2087

