



LYNCH CIH & IAQ

CONSULTANTS

WORK SAFELY

HOME HEALTHILY

New Jersey Newsletter Promoting Health and Safety Practices at Work and at Home

ISSUE 1 | 05/1/2023

**1) EMPLOYEE
TRAINING
TERRORS**

**2) HAND
DELIVERED
CONTAMINANTS**

**3) WHAT
ARE YOU
BUYING?**

EMPLOYEE TRAINING TERRORS

Ensuring the safety of employees is a crucial responsibility for companies, yet some may have fears when it comes to properly training employees to work safely.

One common fear is the cost and time involved with training, which can impact productivity. However, investing in safety training can save companies time and money in the long run by reducing accidents, injuries, and related costs. Documented training and training programs is one of the major things regulatory institutions such as OSHA look for. Having it ready can reduce financial penalties.

Another fear is the potential for creating a culture of blame. Companies may worry that emphasizing safety training implies that employees are not currently working safely, which can create a culture of resentment. However, safety training programs focused on hazard identification and hazard risk assessments can transform the conversation from blaming others and gear it towards effective hazard risk management. By emphasizing that health and safety is acknowledged and prioritized by ownership and emphasized and tracked throughout the organization, companies can create a culture of safety that encourages employees to work together to ensure their own health and safety and the health and safety of others.

Finally, some companies may lack knowledge about effective training methods. Fortunately, Lynch CIH & IAQ Consultants specializes in effective in-person training employees on the job site. We know what is effective based on our many year of experience and we are not her to waste anyone's time or resources. By partnering with us we can assure the highest level of training to improve onsite health and safety culture. In conclusion, while fears about properly training employees to work safely are understandable, companies can overcome them by recognizing the importance of safety, investing in effective training programs, and creating a culture of safety that emphasizes prevention, teamwork, and clear guidelines.

HAND DELIVERED CONTAMINANTS

As we move into the warmer months, it's important to think about the potential contaminants that we may be bringing into our homes from the outside. Allergens on clothing, hazardous chemicals from our jobs, and hazardous cleaning chemicals in our homes can all contribute to poor indoor air quality and negatively impact our health. But fear not, there are several simple steps that you can take to reduce the risk of contaminants entering your home.

Firstly, be mindful of what you wear outside. Pollen, mold spores, and other allergens can easily cling to clothing, so consider changing your clothes and leaving your shoes at the door when you come inside. This will prevent allergens from being tracked through your home and affecting the air quality.

Secondly, if you work with hazardous chemicals, it's important to change your clothes and wash thoroughly before coming into your home. This will help to prevent chemicals from being transferred to surfaces in your home and reduce the risk of inhalation or ingestion.

Lastly, **be mindful of the cleaning products that you use in your home.** Many common cleaning products contain hazardous chemicals that can negatively impact indoor air quality. Consider using natural cleaning products or making your own with simple ingredients like vinegar and baking soda. Not only will this improve indoor air quality, but it will also save you money.

Taking these simple steps can greatly reduce the risk of contaminants entering your home and improve indoor air quality. Remember, your health and the health of your loved ones should always be a top priority. If you have any concerns or questions about indoor air quality or the potential contaminants in your home, don't hesitate to reach out to us.

WHAT ARE YOU BUYING?

Improving indoor air quality is a top priority for many business and homeowners, mitigating the risks of COVID and infectious disease in general are on everyone's minds. However, it's important to be cautious when it comes to products marketed as improving indoor air quality. Not all products are created equal, and some may even be a waste of your hard-earned money.

Many products on the market claim to improve indoor air quality but have not been proven to do so. These products may include air purifiers, humidifiers, and even certain types of plants. While some of these products may have anecdotal evidence supporting their effectiveness, there is often little scientific evidence to back up these claims.

It's important to remember that **just because a product is marketed as improving indoor air quality, that doesn't mean it actually does.** In fact, some products may even be harmful to your health. For example, some air purifiers may produce ozone, a harmful pollutant that can aggravate respiratory issues.

So how can you ensure that the products you are purchasing actually improve indoor air quality? One way is to look for products that have been certified by reputable organizations such as the Environmental Protection Agency (EPA). These certifications indicate that the product has been rigorously tested and meets specific standards for indoor air quality.

Another way to ensure that you are purchasing effective products is to do your research. **Don't let marketing gimmicks and unproven claims lead you astray.** Take the time to do your research and choose products that have been proven to improve indoor air quality. Contact Lynch CIH & IAQ Consultants, we would love the opportunity to counsel on decisions to make capital investments to improve air quality

As always, if you have any questions or concerns about indoor air quality, don't hesitate to reach out to us.