

Sick Building Syndrome: Causes and Remedies

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ABSTRACT The quality of indoor environment has a significant impact on people's health, comfort and productivity. A commonly encountered problem in buildings is the phenomena of "Sick Building Syndrome" (SBS). Information about the causes of this phenomenon is not fully recognized. However, the presence of indoor air pollutants at elevated levels is believed to be the major cause of this problem. This is mainly due to the intensive use of newly developed building materials and equipment, most of which act as a major source of indoor pollutants. Additionally, energy conservation activities such as increasing air tightness levels in buildings and/or introducing less outdoor ventilation air have also contributed to the problem. The objective of this paper is to explain the causes of the SBS and the main sources of indoor air pollutants. Means to diagnose and control the associated problems are also presented in addition to reviewing the relevance of this phenomenon to buildings in Saudi Arabia.

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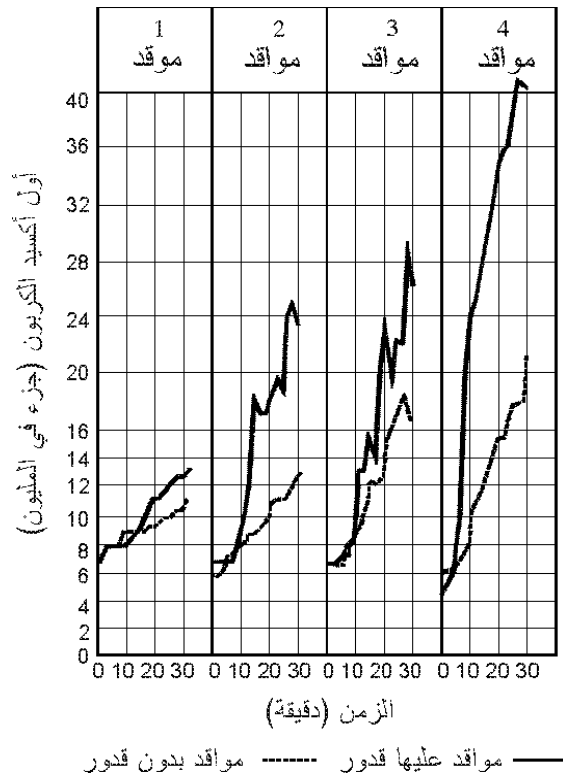
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