

Environmental Quality Self-check

In the workplace

Fellow employees experiencing similar symptoms
Adequate light in the work area
New office furniture, computers or appurtenances
Introduction of plants or decorative items
Change in computer screens or monitor resolution
Introduction of candles, aerosols, or air fresheners
Increased stress levels
Introduction to copiers, printers or other office machines
Introduction to paper, newsprint or bound publishing's
Use of markers, glues, or office products
Light flickers or excessive ballast humming
Co-worker perfume or cologne
Co-worker that smokes

Lifestyle changes the employee may investigate

Change in hygienic or cosmetic products
Hair dye
Pet allergies
Change of residence or vehicle
Recent medical or dental procedure
Introduction of candles, aerosols, or air fresheners
Changed or began use of Dry Cleaners
Recent wardrobe additions
Change of diet
Chemicals associated with recreational or hobby pursuits
Travel outside of normal routes
Guests of extended stay
New home furnishings or remodeling
Structural pesticide applications to residence
Herbicide or fertilizer applications to residence
Changes in bedding, ticking, pillowcases, or comforters
Changes in laundry soap or fabric softeners
Increased stress levels
Use of markers, glues, or office products
New glasses, sunglasses or contact lenses
Amplification of typical allergy symptoms
Implementation or change of use of over the counter or prescription medications
Change in gym, beauty shop, or spa