

**Report For
Indoor Air Quality Testing
At The
Souhegan High School
412 Boston Post Road
Amherst, NH**

Study Date:
March 6, 2024

Project# 224 174.00

STUDY CONDUCTED BY:

UNIVERSAL ENVIRONMENTAL CONSULTANTS
12 Brewster Road
Framingham, Massachusetts

March 7, 2024

Mr. Roger Preston
Director of Facilities
SAU-39
1 School Street, P.O. Box 849
Amherst, NH 03057

Reference: Indoor Air Quality Testing
Souhegan High School, Amherst, NH

Dear Mr. Preston:

Thank you for the opportunity for Universal Environmental Consultants (UEC) to provide professional services.

Enclosed please find the report for Indoor Air Quality Testing at the Souhegan High School conducted on Wednesday, March 6, 2024.

Please do not hesitate to call should you have any questions.

Very truly yours,

Universal Environmental Consultants



Ammar M. Dieb
President

UEC:\224 174.00\IAQReport-HS.DOC

Enclosure

Scope:

UEC was contracted to perform an Indoor Air Quality Testing at the Souhegan High School, Amherst, NH. Testing was performed at select areas within the school.

Testing was performed on Wednesday, March 6, 2024.

Methodology:

Testing for Total Volatile Organic Compounds (**TVOCs**) was performed using Q-Trak XP monitor manufactured by TSI Incorporated. This is a state-of-the-art instrument capable of detecting **TVOCs** in the ppb (parts per billion) and $\mu\text{g}/\text{m}^3$ (micrograms per cubic meter) ranges. The instrument is a direct reading instrument and provides continuous results over an extended time. The unit is calibrated prior to use and serviced by an independent vendor annually.

Volatile organic compounds are a broad class of chemicals with diverse applications which are frequently emitted by new carpets, furniture, pressboards, varnishes, adhesives, and high gloss finishes. Other common products which may emit VOCs include construction materials, paints, paint strippers, other solvents, wood preservatives, aerosol sprays, cleansers, disinfectants, hand sanitizer, moth repellents, air fresheners, stored fuels, automotive products, hobby supplies, and dry-cleaned clothing. High levels of VOCs are a common Indoor Air Quality problem, especially in newly constructed, recently renovated, or currently being renovated buildings.

Carbon monoxide (**CO**), Carbon Dioxide (**CO₂**), Temperature (**°F**), and Relative Humidity (**%RH**) were measured using a Q-Trak XP monitor manufactured by TSI Incorporated. The unit is calibrated prior to use and serviced by an independent vendor annually.

Airborne particulate matter (**PM**) levels for **PM₁₀** and **PM_{2.5}** were tested using a Q-Trak XP monitor manufactured by TSI Incorporated. This is a state-of-the-art instrument capable of simultaneously detecting **PM₁₀** and **PM_{2.5}** in the microgram per cubic meter ($\mu\text{g}/\text{m}^3$) range. The instrument is a direct reading monitor and provided sampling readings at 1 second intervals over the duration of each test. The instrument was zeroed prior to testing and is serviced annually by the manufacturer or an independent vendor.

Real time **PM** Measurement is a useful comparative measure of indoor and outdoor dust levels as well as identifying indoor sources of **PM**.

Samples were collected for approximately 5 minutes at each test location. No TWA (8-hour time weighted average) or other types or methods of sampling were included in the scope of work.

Results:

TEMPERATURE, RELATIVE HUMIDITY, CARBON MONOXIDE, CARBON DIOXIDE & TOTAL VOLATILE ORGANIC COMPOUNDS by PID

Location	W	D	#	Temperature (°F)	Humidity %RH	CO (ppm)	CO ₂ (ppm)	TVOCs (µg/m ³)
Outside	-	-	0	58.3	63.9	0.0	403	0.0
Main Office	C	O	2	65.3	53.2	0.0	778	0.0
Room 103	C	C	0	69.6	44.4	0.0	606	0.0
Room 167 Music	C	O	9	70.0	44.8	0.0	484	0.0
Theatre	C	C	0	70.2	45.2	0.0	541	0.0
Gymnasium	C	C	17	70.2	44.6	0.0	706	0.0
Cafeteria	C	O	>30	70.7	46.7	0.0	1,339	0.0
Room 133	C	O	1	71.8	45.6	0.0	1,124	0.0
Room 129	C	C	9	72.3	47.3	0.0	1,507	0.0
Room A122	C	C	2	66.7	53.1	0.0	976	0.0
Room A108	C	O	1	68.7	48.6	0.0	565	0.0
Room A212	C	O	11	72.5	45.7	0.0	1,346	0.0
Room A203	C	O	12	72.9	45.8	0.0	1,056	0.0
Room 222	C	C	1	73.3	44.1	0.0	468	0.0
Room 226	C	O	10	73.8	46.8	0.0	1,478	0.0
Room 200 Library	C	C	15	72.3	43.3	0.0	778	0.0
Room 202	C	C	0	72.2	43.8	0.0	1,217	0.0
Room 206	C	C	3	72.0	45.8	0.0	803	0.0
Room 112	C	C	0	71.2	42.7	0.0	588	0.0
Room 111 Nurse	C	O	2	71.6	45.1	0.0	898	0.0

Total PM - PM₁₀, Respirable, PM_{2.5} and PM₁

Location	PM 10 (mg/m ³)	PM 2.5 (mg/m ³)	PM1 (mg/m ³)
Main Office	0.0	0.0	0.0
Room 103	0.0	0.0	0.0
Room 167 Music	0.0	0.0	0.0
Theatre	0.0	0.0	0.0
Gymnasium	0.0	0.0	0.0
Cafeteria	0.0	0.0	0.0
Room 133	0.0	0.0	0.0
Room 129	0.0	0.0	0.0
Room A122	0.0	0.0	0.0
Room A108	0.0	0.0	0.0
Room A212	0.0	0.0	0.0
Room A203	0.0	0.0	0.0
Room 222	0.0	0.0	0.0
Room 226	0.0	0.0	0.0

Location	PM 10 (mg/m ³)	PM 2.5 (mg/m ³)	PM1 (mg/m ³)
Room 200 Library	0.0	0.0	0.0
Room 202	0.0	0.0	0.0
Room 206	0.001	0.001	0.001
Room 112	0.0	0.001	0.001
Room 111 Nurse	0.0	0.0	0.0

Legend:

W: Windows; D; Doors; # Number of Occupants (e.g. 25 Occupants = 25); O = Open; C = Closed;

mg/m³ - milligrams per cubic meter; µg/m³ - micrograms per cubic meter;

ppm - parts per million;

ppb - parts per billion;

CO OSHA PEL is 30 ppm and ACGIH TLV is 25 ppm;

CO₂ - OSHA PEL is 5000 ppm, NH Guideline is 1,000 ppm;

TVOC – Seifert “Target Guideline Value” of 300 ug/m³

Observations and Interpretation of Results:

Temperature and Relative Humidity (T & RH)

The outside **T** and **RH** were approximately 58.3°F and 63.9%. It is recommended that indoor **T** be maintained in a range of 70 - 78 °F and 40 to 60 % for indoor **RH** to provide for the comfort of building occupants.

Indoor **T** and **RH** were 65.3°F – 73.8°F and 42.7% – 53.2% during the test period. Indoor **T** tests were mostly within the recommended **T** range of 70 - 78 °F. Indoor **RH** tests were within the recommended **RH** range of 40 to 60 %.

TVOCs

No **TVOC** was detected during testing.

Carbon Monoxide

No **CO** was detected during testing.

Carbon Dioxide

All **CO₂** levels were within the acceptable range. For comparative purposes, fresh outdoor air has approximately 400 ppm of **CO₂**. All areas were well below the OSHA/NIOSH limit of 5000 ppm, and lower than the State of New Hampshire recommended guideline of 1,000 ppm for publicly occupied buildings. State of New Hampshire recommends an optimal level of below 600 ppm. Exposure to high levels of **CO₂** for prolonged periods could cause building occupants to become lethargic and generally uncomfortable. **CO₂** levels will rise over the course of the day especially in those areas which have a high occupancy. **CO₂ at these levels is a comfort as opposed to a health issue.**

Airborne Particulate Matter (Dust):

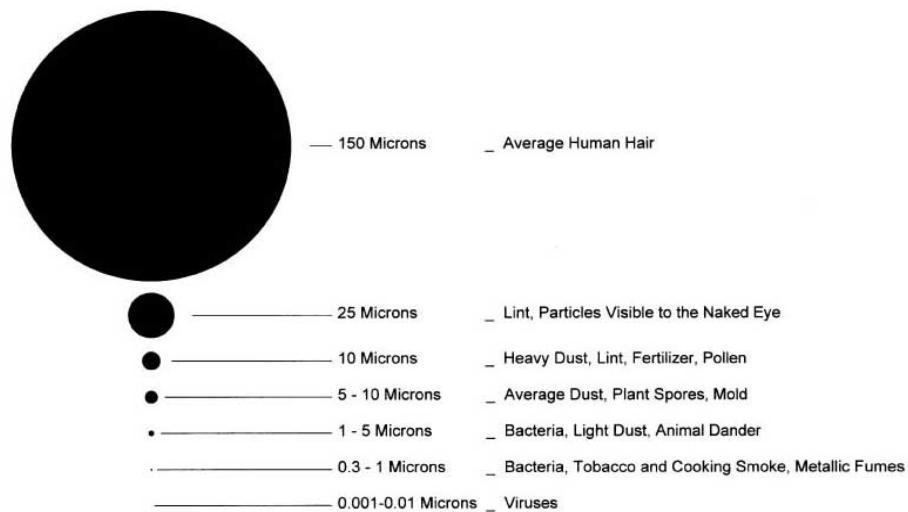
Dust monitoring is one aspect of air quality that an industrial hygienist can use to determine the amount of dust particles present in the workplace, cities or communities over a given period.

The Particulate Matter (PM) monitoring focused on measuring a range of particulate sizes in the air that are equal to or less than 10 micrometers (PM10) and equal to or less than 2.5 micrometers (PM2.5) in diameter (course dust and fine dust respectively), i.e., PM capable of penetrating the outer defenses of the respiratory tract, such as the mouth and nose, and can pass into the lungs based on PM size. PM air pollutants include but are not limited to soot, smoke, salts, metals, acids and soil and road dust. These pollutants are typically monitored along work site fence lines, industrial complexes, during wildfires, and high traffic areas (vehicle exhaust).

EPA's health-based National Ambient Air Quality Standard (NAAQS) for PM10 is 150-µg/m³ and for PM2.5 is 35-µg/m³ (measured as a 24-hours period concentration) for outdoor (ambient) air. The OSHA Permissible Exposure Limit (PEL) for occupational exposure for respirable dust is 5-mg/m³ (5,000-µg/m³) for a time-weighted average (8 hour) exposure. While the EPA NAAQS is an outdoor, ambient air standard, it is a useful reference guide for acceptable air quality in general with limits far below OSHA worker compliance requirement levels.

The TSI Q-Trak XP monitor used in this survey can measure PM simultaneously as PM10, PM2.5 and PM1, i.e., particles in the size range categories of 10, 2.5 and 1 micrometer diameter.

Figure 1.1-Visual Particle Size Comparison Chart.



Levels of PM10 recorded in areas tested during the survey ranged from **0 to 1- $\mu\text{g}/\text{m}^3$ or 0.0 to 0.001 mg/m^3** . EPA's health-based National Ambient Air Quality Standard (NAAQS) recommended level for PM10 is **150- $\mu\text{g}/\text{m}^3$ or 0.150- mg/m^3** . All areas tested during the survey were below the EPA recommended level.

Levels of PM2.5 recorded in areas tested during the survey ranged from **0 to 1- $\mu\text{g}/\text{m}^3$ or 0.0 to 0.001- mg/m^3** . EPA's health-based National Ambient Air Quality Standard (NAAQS) recommended level for PM2.5 is **35- $\mu\text{g}/\text{m}^3$ or 0.035- mg/m^3** . All areas tested during the survey were below the EPA recommended level.

Direct reading PM monitors are not a reference method for OSHA compliance Respirable Dust testing. However, the direct reading instrument is useful in providing accurate order of magnitude evaluation of Respirable Dust levels.

Samples were collected for approximately 5 minutes at each test location and results/levels are not based on TWA (8-hour time weighted average).

Conclusions and Recommendations:

All IAQ parameters tested were within the acceptable ranges.

Limitations and Conditions:

This report has been completed based on visual and physical observations made and information available at the time of the site visits. This report is intended to be used as a summary of available information on existing conditions with conclusions based on a reasonable and knowledgeable review of evidence found in accordance with normally accepted industry standards, state and federal protocols, and within the scope and budget established by the client. Any additional data obtained by further review must be reviewed by UEC and the conclusions presented herein may be modified accordingly.

This report and attachments, prepared for the exclusive use of Owner for use in an environmental evaluation of the subject site, are an integral part of the inspections and opinions should not be formulated without reading the report in its entirety. No part of this report may be altered, used, copied or relied upon without prior written permission from UEC, except that this report may be conveyed in its entirety to parties associated with Owner for this subject study.

REFERENCES:

1. ACGIH, Threshold Limit values and Biological Exposure Indices, 2007.
2. AIHA, 2700 Prospect Ave., Fairfax, VA. IAQ Paper #130 June 23, 1999.
3. Seifert, B. Regulation Indoor Air. In: Indoor Air '90, Proceedings of the 5th International Conference on Indoor Air Quality and Climate, Volume V, p. 35. Toronto 1990.
4. American Society of Heating, Refrigeration and Air-conditioning Engineers' ANSI/ASHRAE 55-1992 **"Thermal Environmental Conditions for Human Occupancy."**
5. BOCA, 1993. The BOCA National Mechanical Code 1993 8th edition Building Officials and Code Administrators International., Inc., Country Club Hills, Ill
6. Field Guide for the Determination of Biological Contaminants in Environmental Samples. (2005)
7. Berg, David W. Indoor Air Quality and HVAC Systems. (1993). Pages 76, 77 and others.