

JEFFREY C. MAY

MY
OFFICE IS
KILLING
ME!

The Sick Building Survival Guide

My Office Is Killing Me The Sick Building Survival Guide

DP Hallahan

My Office Is Killing Me The Sick Building Survival Guide:

My Office Is Killing Me! Jeffrey C. May, 2006-04-30 Bacteria and mold may lurk undetected in carpets or in the heating or cooling system of your office or school. When inhaled, the by products of these organisms can cause allergy and asthma symptoms. Chemical vapors emitted by office furniture and equipment may also foul the air we breathe indoors, causing headaches, eye irritation, or other symptoms. Here, the author of the best selling *My House Is Killing Me* and co-author of *The Mold Survival Guide* turns his attention to indoor air quality in public buildings. Blending his extensive professional experience with scientific explanations, May helps us see these buildings through the eyes of a building scientist, microscopist, and organic chemist. He offers a step by step approach to identifying, controlling, and often eliminating the sources of indoor air pollutants and allergens. Whether it's a case of mold in an elementary school or inadequate ventilation in a high rise office building, this valuable guide can help people cope when the air they breathe indoors is making them sick.

Jeff May's Healthy Home Tips Jeffrey C. May, Connie L. May, 2008-06-30 Designed for people concerned about the air quality in their home, this step by step guide covers the nooks and crannies of indoor air pollution from what to look for to how to fix it. Jeffrey May and his wife Connie May draw from their professional expertise and previous books *My House Is Killing Me*, *My Office Is Killing Me*, and *The Mold Survival Guide* to create a friendly, easy to use workbook complete with mini case studies, diagnostic exercises, illustrations, and recommendations. The Mays describe the health problems that can be caused or exacerbated by such airborne contaminants as fungi, mold, mildew, moisture, and odor. Their warmth, humor, and conversational banter are welcome antidotes to the scare tactics of unsavory remediaters. Jeff and Connie give people the knowledge they need to address serious problems without getting ripped off. Readers can check visual symptoms of their home's problems using the book's illustrations and photographs, get easy to follow instructions in diagnosing, addressing, and monitoring problems, find out whether professional help is needed, get advice on choosing the right professional, and consult thorough resource sections for further information and assistance. From waterproofing basements to checking home heating and cooling systems for leaks and contaminants, Jeff May's *Healthy Home Tips* helps renters and homeowners alike make sure that their homes are clean and healthy places to live.

My House Is Killing Me! Jeffrey C. May, Connie L. May, 2020-12-01 Whether you have allergies or asthma, or you just want to avoid exposures to indoor contaminants and allergens, this book will teach you how to have a healthier home. In this thoroughly revised edition of *My House Is Killing Me*, Jeffrey C. and Connie L. May draw on the dramatic personal stories of their clients to help readers understand the links between indoor environmental conditions and human health. Explaining how air conditioning, finished basements, and other home features affect indoor air quality, the authors offer a step by step approach to identifying, controlling, and even eliminating the sources of indoor pollutants and allergens. This new edition includes more than 60 color photographs, expanded coverage on the dangers posed by volatile organic compounds (VOCs) produced by such common items as paint, carpet, and household cleaning

products up to date information on the potential risks of installing spray polyurethane foam SPF insulation completely new case studies of people who improved their indoor air quality by following the authors advice brand new chapters including Trojan Horse Allergens The Three Ps Pets Pests and People Indoor Air Quality in Multi Unit Buildings and Testing and Remediation Reading My House Is Killing Me lets you see your house the way an expert would Along with offering a wealth of practical advice and proven solutions for various problems the Mays include a glossary of terms and a list of valuable resources This book is a must for all home occupants as well as perfect for those contemplating moving to or purchasing a property **Fundamentals of Integrated Design for Sustainable Building** Marian Keeler,Bill Burke,2015-02-05

Fundamentals of Integrated Design for Sustainable Building offers an introduction to green building concepts as well as design approaches that reduce and can eventually eliminate the need for fossil fuel use in buildings while also conserving materials maximizing their efficiency protecting the indoor air from chemical intrusion and reducing the introduction of toxic materials into the environment It represents a necessary road map to the future designers builders and planners of a post carbon world from the Foreword by Ed Mazria A rich sourcebook covering the breadth of environmental building

Fundamentals of Integrated Design for Sustainable Building introduces the student and practitioner to the history theory and technology of green building Using an active learning approach the concepts of sustainable architecture are explained and reinforced through design problems research exercises study questions team projects and discussion topics Chapters by specialists in the green movement round out this survey of all the important issues and developments that students and professionals need to know From history and philosophy to design technologies and practice this sweeping resource is sure to be referenced until worn out **Jeff Herman's Guide to Book Publishers, Editors & Literary Agents** 2007 Jeff

Herman,2006-12 Presents a guide to the names and specialities of American and Canadian publishers editors and literary agents including information on the acquisition process and on choosing literary agents **The Thriving Child** Erica

Reid,2012-05-08 Discover the true story of a mom s thoughtful health journey and learn how these lessons can help you and your family live a more balanced enjoyable life It took months of doctors visits and several illnesses for Erica Reid to uncover that her young son had multiple allergies and serious asthma Her daughter who had been experiencing skin irritation since birth was diagnosed with food allergies as well Thus began a cautious thoughtful journey to more doctors and led the author to totally re vamp her family s diet detox her home and as her children grew older coordinate healthy routines for school and travel Along the way Reid developed complementary child rearing strategies promoting respect responsibility creativity spiritual balance and love From health and nutrition to discipline and spirituality Reid schooled herself in every area that is part of creating a totally healthy environment in which a family can flourish The Thriving Child also includes in depth advice from doctors and celebrity mothers ***Life Cycle Cost Analysis of Occupant Well-being and Productivity Impacts in LEED Offices*** Amanjeet Singh,2009 **Bottom Line's Health Breakthroughs 2008** Bottom Line,Health Day Staff,2007 Health

Fitness Dieting *Library Journal* Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2006 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *U.S. News & World Report*, 2006 *Library Journal*, 2006-04 Real Property in Australia Michael J. Hefferan, 2020-08-17 Real property in the form of investment ownership and use pervades almost every aspect of daily lives and represents over 40% of Australia's wealth Such assets do not exist in isolation they are dynamic and forever evolving impacted by a range of physical economic demographic legal and other forces Consequently a true appreciation of individual assets and of the property sector as a whole demands an understanding of both the assets themselves and the context and markets in which they exist The sector is complex and on the face of it confusing It is however not without logic and underlying themes and principles This book provides a wider understanding of how the real property sector works It covers topics such as the nature of real property and its functions economic drivers valuation principles legal and tenure parameters property taxation land development and subdivision asset and property management and sustainability all critical components in this complex and critically important sector It provides a wide and balanced perspective for experienced practitioners investors students and anyone involved in property decision making or wishing to secure a deeper understanding of these areas The book integrates research based theory with practical application and first hand insights into a sector that underpins the Australian economy its communities and its sustainability **Index to Legal Periodicals & Books**, 2006 *Choice*, 2007-03 The British National Bibliography Arthur James Wells, 2006 **American Book Publishing Record**, 2006 *Business Periodicals Index*, 1993 The New York Times Index, 2005 **Forthcoming Books** Rose Arny, 1993 The Times Index, 2010 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational supplement Scotland and the Times higher education supplement

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systematic comparison of building design and construction strategies the following section presents the results of the slr shown in figure 3 leading to the developed taxonomy and the comparative analysis of the 16 building design and construction strategies presented in table 1

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