



Mold is a common hazard in many workplaces, especially in buildings with high moisture levels, poor ventilation, or a history of water damage.

- Mold is a type of fungus that grows in damp environments. It can grow on many surfaces, including walls, ceilings, insulation, paper, carpet, and wood.
- Mold spreads by releasing spores into the air. These spores can be inhaled, causing health problems.
- Areas with frequent leaks, high humidity, or past flooding are especially prone to mold growth.

Conditions that increase the risk of mold:

- Temperatures over 70°F
- Water damage
- High humidity
- Dampness

MOLD

Breathing in mold spores can cause different symptoms, depending on the type of mold, the level of exposure, and the person's health. Common physical symptoms of mold exposure include:

- Coughing, wheezing, shortness of breath
- Itchy eyes, watery eyes
- Nasal congestion, sneezing, runny nose
- Asthma attacks
- Skin irritation, rashes

In work environments, it's important to respond quickly to leaks, spills, and signs of dampness. This includes reporting roof or plumbing leaks, cleaning and drying wet materials within 24 to 48 hours, and making sure areas stay well ventilated.

- Mold that is cleaned up without fixing the moisture source will come back.
- The most effective means to prevent or minimize adverse health effects is to determine the sources of persistent dampness and eliminate them.
- Prevention efforts must include both cleaning and controlling humidity or leaks.
- A clean, dry, well-maintained workplace is the best defense against mold-related illness.



Protecting yourself from mold exposure starts with awareness and prevention. Take steps to reduce your risk. Do not ignore mold or try to hide it.

- If you notice mold or signs of water damage, report it to your supervisor or the appropriate department.
- Avoid touching mold with bare hands.
- Do not disturb mold by sweeping, scrubbing, or ripping out moldy materials unless you are trained, equipped, protected, and authorized to do so.
- Wear protective equipment like gloves, non-vented goggles, and a properly fitted respirator if exposure is likely.
- Do not eat, drink, or smoke in areas where mold is present.
- Wash hands and exposed skin thoroughly after working near mold.
- Heating, ventilation, and air conditioning systems should be maintained and cleaned to prevent mold from spreading through ductwork. Filters should be replaced as recommended.

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