


# IAQ Self-Check

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## Is It Time for an Assessment?

Answer each question with '**Yes**' or '**No**.'  
Then, count how many '**Yes**' answers you  
have to get your results.



# Building & Occupancy

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- Has occupancy increased since the HVAC system was last evaluated?
- Are certain zones frequently stuffy, hot, or humid?
- Are employees complaining about fatigue, odors, or discomfort?
- Have you reconfigured office layouts since the pandemic?

# System Performance

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- Are filter changes or maintenance schedules based on guesswork?
- Do you lack real-time visibility into CO<sub>2</sub>, PM<sub>2.5</sub>, or VOC levels?
- Are you unsure if your ventilation meets ASHRAE 62.1 standards?

# Health & Compliance

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- Are you aiming for WELL, LEED, or Fitwel certification?
- Have you experienced complaints related to air quality or illness spread?
- Do you want to build employee trust around return-to-office efforts?

# Results Summary

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- 0–3 Yes: You're probably in good shape, but a baseline assessment helps you prove it.
- 4–6 Yes: You're in the caution zone. An assessment can uncover performance gaps and optimization opportunities.
- 7+ Yes: Time to act. Your system likely isn't keeping up with your space, and indoor air quality may be at risk.



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