

IAQ Self-Check

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

- 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

- Are filter changes or maintenance schedules based on guesswork?
- Do you lack real-time visibility into CO₂, PM2.5, or VOC levels?
- Are you unsure if your ventilation meets ASHRAE 62.1 standards?



Health & Compliance

- 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

- 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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