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PAR  *Your Educated Dealer*
Flooring, Inc.

973-292-0089

Founded in 1992

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Allergies or Sick Building Syndrome?

Let's get a bit academic for a moment... The word **ALLERGENIC** is defined as "A substance capable of causing an allergic reaction"; whereas the word **HYPOALLERGENIC** refers to "something unlikely to cause an allergic reaction." So, what can be done to avoid the root cause of workplace and home related allergies?

Most indoor air pollution comes from sources inside the building. For example, adhesives, upholstery, carpeting, copy machines, manufactured wood products, cleaning agents and pesticides may emit volatile organic compounds (VOC's) including **formaldehyde**. Research shows that some VOC's can cause chronic and acute health effects at high concentrations... even Sick Building Syndrome.

What is Sick Building Syndrome? SBS is a situation in which occupants of a building experience acute health effects that seem to be linked to time spent in a building, but no specific illness or cause can be identified. These symptoms include headaches; eye, nose and throat irritation; a dry cough; dry or itchy skin; dizziness and nausea; difficulty in concentrating; fatigue; and sensitivity to odors. The key is... most of the complainants feel relief soon after leaving the building.

Many factors contribute to allergies and SBS... Let's focus on flooring materials. Carpet fibers can release mold spores, pollens and dust mites into the air; in addition to off-gassing from VOC's used in their manufacture. VOC's may also be present in adhesives used to install tile floors. Hard surfaces can contain formaldehyde in their finishes and required adhesives. Here are a few ideas to keep in mind when choosing commercial and residential flooring. **You will maintain high performance and warranties while ensuring you breathe better... nice!**

1. The carpet and Rug Institute developed a testing and certification program for the carpet industry titled the **Green Label Program**. Carpets and Adhesives carrying this label are certified to contain low levels of VOC's.
2. **Consider cork or linoleum flooring.** Both of these environmentally friendly options are low in allergens and are easy to maintain.
3. **Research formaldehyde-free options in wood flooring.** Natural hardwood is basically allergen free. Bamboo is also naturally hypoallergenic and antibacterial. If possible, choose a floating floor installation instead of glue-down installation.
4. **Nylon carpets have high durability** and are good for all areas of

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SPOTLIGHT



PAR Flooring will be hosting its **13 Annual Toy Drive** to benefit JBWS in collaboration with CREW-NJ. Collect new toys in your place of work or as an act of

your office and home. The material is resistant to dirt, mildew and moisture. Moisture resistant carpeting and pads help to alleviate allergens and most carpets purchased today dissipate all VOC emissions within the first 48 – 72 hours after installation. Open the windows!

Don't forget to clean your floors on a consistent schedule. Regular vacuuming with a HEPA filter vacuum removes 99.97% of allergens. Use natural products on hard surfaces and breathe easier. **PAR Flooring supplies and installs all types of hypoallergenic flooring... Give us a call!**

community service within your families and donate them to PAR Flooring, Inc. for this worthy cause. All toys stay in NJ and help our own neighbors. Last year we helped 202 families totaling 416 children! Believe in the power of the holiday season. Please help us make a difference! Call us @ 973-292-0089 if you wish to participate ASAP.

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Karen's Corner

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. ~Albert Schweitzer

How do you define success? A wise group of business women broached this topic during a recent networking session and it has been on my mind ever since. Do you believe success can only be derived from monetary gain or can your health, fitness level, family stability and happiness of your children impact your philosophy? 2014 is around the corner...Chew on this question and make your New Years Resolutions impactful this year!

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