

What is an acceptable level of CO2 in the office?

ASHRAE (American Society of Heating, Refrigerating and Air Conditioning Engineers) defines acceptable indoor CO2 levels at around 1000 - 1200 ppm (parts per million) in an office building. In my opinion, this is pretty high. Typically Care Systems likes to aim for around 500 - 600 ppm.

What are the signs of high CO2 levels?

The effects of increased CO₂ levels on adults at good health can be summarized:

- normal outdoor level: *350 - 450 ppm*
- acceptable levels: *< 600 ppm*
- complaints of stiffness and odors: *600 - 1000 ppm*
- ASHRAE and OSHA standards: *1000 ppm*
- general drowsiness: *1000 - 2500 ppm*
- adverse health effects expected: *2500 - 5000 ppm*
- maximum allowed concentration within a 8 hour working period: *5000 ppm*

If office employees are experiencing the above mentioned symptoms, CO2 monitors can be installed and alarm when high CO2 levels have been detected. These sensors can also be included in automation systems to automatically modulate the amount of outside air that is brought into the building and prevent any build up of CO2.

Care Systems Services Ltd.
915 Kalamalka Road
Vernon BC.