

Environmental Health Survey for the Workplace

Buildings can become breeding grounds for mold, fungi, bacteria, and other indoor contaminants as a result of improper ventilation, inadequate building design, neglect of water leaks, and much more. The following survey is designed to help identify a hazardous work environment by considering the health of its employees.

Have you had any of the following health issues while working at your current location? How frequently are you experiencing them? Was this condition pre-existing to your employment? (If so, check Past.)

Health Issue	Daily	Weekly	Occasionally	Never	Past
Itching, rashes, hives					
Unexpected weight loss					
Fatigue					
Weakness					
Shortness of breath					
Heart palpitations					
Numbness or "pins and needles"					
Joint pain					
Rapid pulse					
Chest tightness/discomfort					
Weak voice/hoarseness					
Muscle cramps					
Itchy eyes, nose					
Nosebleeds					
Chronic sinus infections					
Vision disturbance					
Blurred vision/floaters					
Light sensitivity					
Vertigo					
Dizziness					
Headaches/migraines					
Sleep disturbance					
Loud snoring or frequent jerks during sleep					
Hearing loss					
Ringing in the ear					
Metallic taste					
Digestive problems					
Abdominal pain					
Nausea					
Sweet cravings					
Excessive thirst					
Increased urination					
Menstrual changes (women)					
Sexual problems (men and women)					
Difficulty with concentration/focus					
Memory loss					
Irritability/depression/anger					
Disorientation					
Confusion					
Difficulty learning or finding words to use					
Mood swings					

For more information on Sick Building Syndrome (SBS) or Building Related Illness (BRI), see the EPA's Fact Sheet titled "[Indoor Air Facts No. 4](http://www.epa.gov/iaq/pdfs/sick_building_factsheet.pdf)" (www.epa.gov/iaq/pdfs/sick_building_factsheet.pdf).

If you believe you may be experiencing illness related to your place of employment, visit [momsAWARE](http://www.momsaware.org) (www.momsaware.org) or the [Global Indoor Health Network](http://www.globalindoorhealthnetwork.com) (www.globalindoorhealthnetwork.com) for helpful information.