

CARBON DIOXIDE

What is it?



FROM THE TEAM AT
evotech
air quality

www.evotechairquality.co.uk

#cleanairschools



WHAT is Carbon Dioxide?

Carbon Dioxide or CO₂ is a natural gas that we breathe out around 24,000 times a day. It is harmless unless levels rise above 1,000 ppm. It can make you feel sleepy and make it difficult to concentrate.

- | | | |
|---|----------------------------------|--------------|
|  | Good
less than 800ppm | RELAX |
|  | Climbing
800 - 1500ppm | OPEN WINDOWS |
|  | High
over 1500ppm | TAKE ACTION! |

ppm means parts per million

WHERE does it come from?

Indoor CO₂ is a combination of CO₂ made by breathing and CO₂ from outdoors. Outdoor CO₂ comes from burning wood, coal, oil and natural gas.

HOW is it measured?

We can't see or taste CO₂ so we use CO₂ sensors to detect it. The Airthings sensors monitor CO₂ in your school. They provide accurate readings at all times of the day and night.

WHO is affected and how?

High levels = low productivity in schools, offices and homes.

High levels of CO₂ cause:

- Restlessness
- Drowsiness
- Headaches
- Increased heart rate and blood pressure
- Sweating

