

Mould Exposure

Mould is a fungus and grows where it is damp with a supply of organic matter. Some moulds can release poisonous toxins and affect occupants and should be tested for confirmatory reasons.



Mould, as shown in the side photo on surfaces of a deconstructed office room, is a fungus that feeds on moisture and grows where there is warmth and organic matter. Mould is often the number one indoor allergen to which occupants may be sensitized (usually by breathing the air). Not all people have the same physical response and this depends on the mould species.

Mould occurs in different colours such as green, blue, or black and is found indoors and outdoors and by itself is not harmful. Mould can become harmful when it develops mycotoxins. When present in

abnormally high quantities, health risks to humans include allergic reactions or poisoning by mycotoxins or causing fungal infection (mycosis).

Surface mould releases mould spores which are not visible to the naked eye. Black mould spores are often considered most harmful. Airborne mould spores can originate inside the building or come into a building through any opening that involves intake of outdoor air and be carried in by people and animals.

Contamination of building occupants occurs by skin contact and inhalation of mould spores. Collection and analyses of air, surface and culture samples confirms concentration and mould species. The exposure risk is interpreted in context of the physical inspection of the contaminated area, the building's characteristics and the factors leading to the condition.

Call us for inspection or testing if you have indoor air concerns about your living and working spaces.