

Your Building Biology WA Whole Home Audit

A **whole home audit** is the best way to assess environmental factors that could be affecting your health. A 2015 study revealed that between 70-90% of all chronic illness can be related back to an environmental factor or exposure. It is also important to understand that environmental factors tend not to work alone, for example heavy metals and mould are affected by electropollution, mould can often present as an allergen and chemical and digestive sensitivities can often be a result of biotoxin or mould illness. Like all areas of health, the best approach to take is a holistic one and look at your exposures as a whole.

As opposed to an Environmental Scientist or Industrial Hygienist, a Building Biologist measures exposures within the built environment (such as in the home) against a set of standards that have been developed independent of industry and are both health and scientifically based. Building Biology Standards accommodate for sensitive individuals, from infants to the elderly and those in poor health, and take into consideration factors such as prolonged exposure, synergist and cumulative effects.

Your audit covers an assessment of:

- The 4 parameters of electropollution (EMF), being electric fields, magnetic fields, high frequency radiofrequencies (both pulsed and continuous waves) and high frequency transient spikes, commonly referred to as dirty electricity.
- Indoor air quality and particulate load.
- Chemical exposure, cleaning products and personal care.
- Water damage and mould exposure.
- Allergens such as dander, dust, house dust mite, pollens and chemicals used.
- Lead and heavy metals.
- Drinking water contaminants.

Onsite laboratory sampling and testing* may include:

- Mould.
- Water contaminants.
- Lead.
- Staph
- Soil contaminants.
- Allergens and HDM.
- Volatile Organic Compounds and Microbial Volatile Organic Compounds.
- Formaldehyde.
- Methamphetamine (use or manufacture).

* No charge is added for the taking and packing of samples, however additional charges will be added at the rate of the laboratory charge.

What to Expect

After your initial phone or email conversation, you will receive a set of questionnaires, to be completed and returned within 3 days of the audit. From the questionnaires, the Building Biologist will assess your health concerns and history of the home prior to the audit, as well as the gathering background information on the area and surrounds, such as the placement of cell towers and proximity to heavy traffic and heavily sprayed areas.

We ask that for whole home, mould or indoor air quality assessments, the house be kept closed up for 48 hours prior. It is ok to enter and exit the premises, however the windows and doors should remain closed so as to limit any outdoor air exchange.

On the day of your audit, your Building Biologist will arrive at the agreed time. There will be time, at the beginning of the audit, to discuss any questions you may have had in regard to the questionnaires, as well as any other relevant concerns.

The onsite component of audit itself will take anywhere between 5-6 hours, depending on the level of technology used, the amount of moisture/mould/water damage, the build itself, testing and other impacting factors.

After the audit, the Building Biologist may provide some feedback and suggested practices or recommendation to start with in the interim, before your formal report is received.

Your invoice will be issued post completion of your audit and requires payment prior to the release of the report.

Your comprehensive report detailing will be provided between 10-14 business days after your audit, depending on the type of laboratory samples taken (if any). Your report will contain a brief summary of exposures (which can be emailed separately if passing on to a referring specialist or practitioner), background and additional information around each of the environmental exposures assessed, the findings and quantified exposures, associated health concerns and a full list of recommendations and remediation outcomes, as well as a link to the photographs and our notes that are taken onsite.

Building Biology WA wish to make sure that you fully understand the contents of your report and how to implement the recommendations suggested, to create a safe space for you and your family. For this reason, we encourage clients to book a complimentary 30 minute zoom/video or phone call once they have read their report, to discuss the findings of the report and the recommendations for remediation.

* All costs except laboratory tests are included in the cost of the quoted audit.

* Laboratory tests are kept to a minimum and discouraged if the testing will not change the remediation recommendations, unless requested by the occupant.

***IT IS A BUILDING BIOLOGIST'S JOB NOT TO ADD TO THE BODY'S LOAD (MEDICINES AND SUPPLEMENTS),
BUT TO TAKE AWAY FACTORS/TOXICANTS THAT BURDEN THE BODY.***