

SAFE AND HEALTHY BUILDINGS

| Indoor Air Quality

Pro Mechanical Services can help you to take the necessary steps in creating a safe and healthy workplace to protect your employees and clients during and after the COVID-19 pandemic. According to the World Health Organization (WHO), "The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes..." "Talking or breathing can also release droplets." For this reason, there are several things you should consider to safely ensure the air quality inside your building limits the risk for exposure to COVID-19.

| Upgrade Indoor Air Quality

Occupational safety and health professionals use a framework called the "hierarchy of controls" to select ways of controlling workplace hazards. In other words, the best way to control a hazard is to systematically remove it from the workplace, rather than relying on workers to reduce their exposure. During a COVID-19 outbreak, when it may not be possible to eliminate the hazard, one of the most effective protection measures are engineering controls. Engineering controls involve isolating employees from work-related hazards. In workplaces where they are appropriate, these types of controls reduce exposure to hazards without relying on worker behavior and can be the most cost-effective solution to implement.

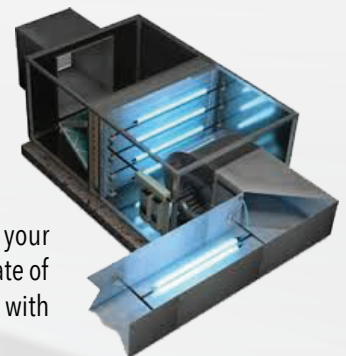
ASHRAE¹ RECOMMENDS THE FOLLOWING TO UPGRADE OR IMPROVE YOUR INDOOR AIR QUALITY.

- Improve central air filtration to the MERV 13" or the highest compatible with the filter rack and seal the edges.
- Keep systems running longer, if possible 24/7, to enhance the two actions above.
- Consider portable room air cleaners with HEPA filters.
- Consider UVGI (ultraviolet germicidal irradiation), protecting occupants from germs radiating throughout the building.
- Consider adjusting the humidifier to between 40%-60% relative humidity to decrease the number of infectious particles in the air, and simultaneously bolster our respiratory and immune system.



Air filtration rack

According to the National Air Filtration Association, air filtration in building heating, ventilation and air conditioning can be a part of an overall risk mitigation strategy. A properly designed and maintained ultraviolet (UV) system in concert with filtration, humidity control and air flow management has been shown to reduce infections from other viruses.



UV light treatment

Get peace of mind knowing that with Pro Mechanical Services, you will have trusted professionals performing your commercial heating, ventilation, air conditioning and refrigeration (HVAC/R) needs. The HVAC/R industry is in a state of flux, with technology playing a larger role. Pro Mechanical Services has the knowledge and experience to consult with you and apply the right technology.

¹ ASHRAE is the American Society of Heating, Refrigeration and Air Conditioning Engineers. Their mission is to advance heating, ventilation, air conditioning and refrigeration design and construction. They have more than 57,000 member companies in over 132 countries.

| Reduce These Pollutants Throughout Your Building

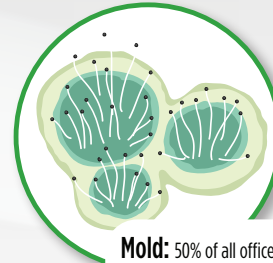
Air pollution and environmental controls in buildings are critical to the overall health of the building, the safety of the building occupants and the efficiency and operation of the equipment. After wearing masks and social distancing, proper air cleaning and ventilation is a simple, easy way to help control the pandemic. ASHRAE states, "Transmission of SARS-CoV-2 through the air is sufficiently likely, and airborne exposure to the virus should be controlled. Changes to building operations, including the operation of heating, ventilation and air conditioning systems can reduce airborne exposures".



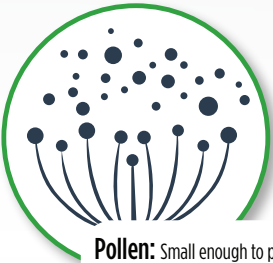
Viruses: Many everyday illnesses are caused by viruses like the common cold or the flu.



Bacteria: Although small in size, some drug-resistant bacterial infections are a greater threat than ever.



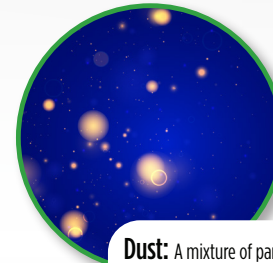
Mold: 50% of all office buildings have some form of mold in their contaminated HVAC systems.



Pollen: Small enough to pass thru regular HVAC filters, pollen can trigger mild to severe allergic reactions.



Odor: Unwanted odor contributes to poor indoor air quality.



Dust: A mixture of particles suspended in the air capable of causing allergic reactions.

ABOUT PRO MECHANICAL SERVICES

Since 1986, Pro Mechanical Services has remained true to our company's core mission and values of providing quality, innovative solutions for the commercial building industry. Our roots began as a full sheet metal and fabrication shop with construction and services, to now—more than 30 years later—serving the Inland Northwest as the premier mechanical contractor helping to shape the local landscape with buildings that operate in the most efficient manner possible through fully-integrated solutions for all size facilities.



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