



## New office buildings may breed health hazards

### Move toward energy efficiency decreased fresh air ventilation

You feel fine every morning. Until you reach the office, when you start sneezing, sniffing or suffer from a general feeling of physical malaise.

You're not allergic to work, per se, but you might be allergic to the building in which you work. Office buildings, like homes, can be a breeding ground of environmental hazards.

Add to that other work-related hazards, such as video display terminals and repeti-

tive strain injuries, and the workplace can endanger your health. Fortunately, there are solutions to these health hazards, but it takes patience — as well as a smart employer — to track them down.

Sick buildings make people sick. Indoor air pollution can give workers itchy eyes, sore throats, runny noses, dizziness, headaches, fatigue and nausea. If 20 percent of employees suffer these symptoms, the office probably oc-

cupies a sick building.

Part of the problem began, say the authors of *The Solution to Pollution in the Workplace*, in the '70s, when the energy crisis led to more energy-efficient buildings. But that "reduced the free flow of fresh air."

So poor ventilation allows toxins — such as asbestos, formaldehyde, bacteria, molds, tobacco smoke, lead and pesticides — to circulate. Dirty air filters circulate dust. New carpets and dry-cleaning chemicals give off toxic fumes.

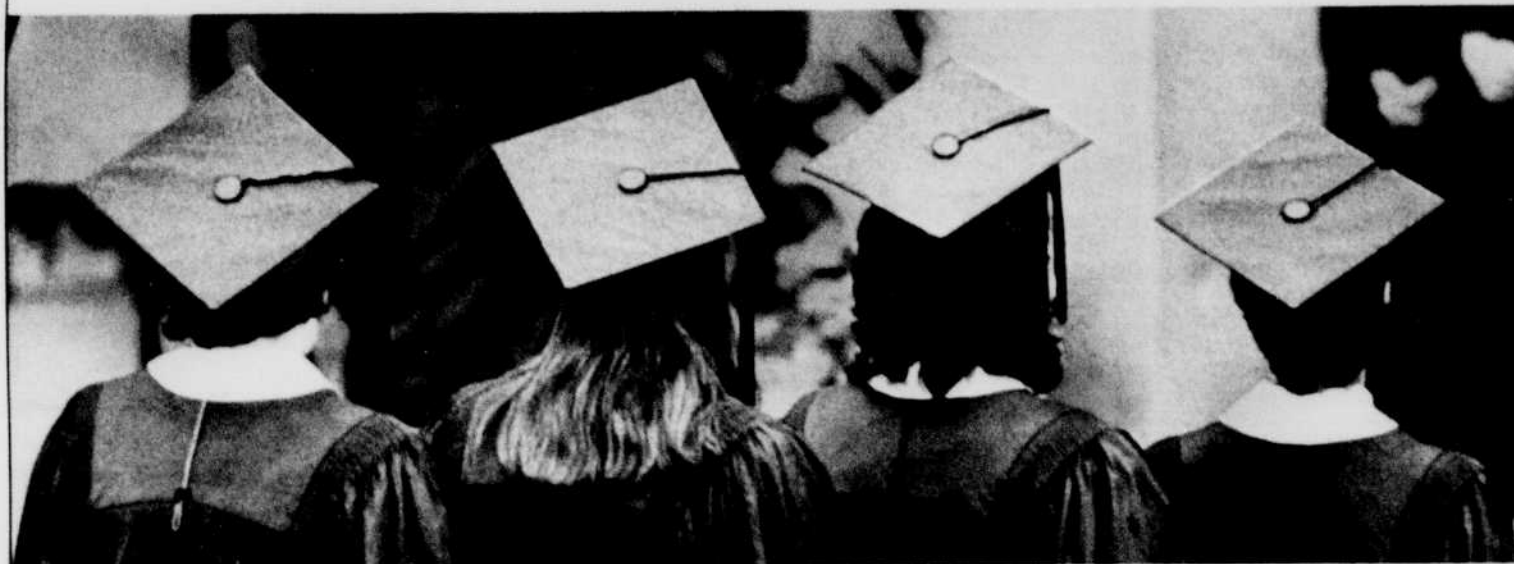
The discovery of Sick Building Syndrome is relative-

ly recent, and workers' complaints are often the only clue there is a problem. There are, however, environmental consulting firms that are equipped to diagnose sick buildings.

Workers who spend their days in front of video display terminals can suffer from a host of problems.

Hunching over a monitor causes back, shoulder and neck strain. Wrists bend awkwardly at the keyboard can lead to carpal tunnel syndrome, a painful nerve disorder. And the glare of computer monitors can cause blurred vision and headaches.

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## JOBS

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ship, a trained chef will earn an average \$35,000 salary. A top-flight executive chef can earn \$200,000.

"Are health-care benefits and costs a problem for your company? Enter the health-care cost manager, a new breed of corporate executive who can earn \$75,000 to more than \$200,000 for helping slash a firm's medical outlays. As many as 70 percent of Fortune 500 companies are expected to include this position in their organizational charts by 1995.

### ENVIRONMENT JOBS

If you are interested in cleaning up the planet and protecting it from further exploitation, become an environmental specialist.

Technically trained people are most in demand. These include hazardous waste clean-up teams, recycling specialists, and waste handling management experts, as well as professionals whose expertise overlaps environmental concerns: accountants, attorneys, personnel managers, assessors, heavy equipment operators, geologists, hydrologists, civil engineers and more.

### TECHNICAL CAREERS

"We're in the midst of a computer explosion, and job growth in the field is destined to be superb," said Robert and Anne Snelling, authors of *Jobs! What They Are, Where They Are, What They Pay*.

One excellent entry-level job is systems analyst. These analyze business procedures and problems, and design and test computer programs. A college degree with an emphasis in computer science can launch a career that starts in the mid-\$20,000s.

Also, not surprisingly, anyone who specializes in computer repair or modification is in an excellent position.

SILVERSTAR VIDEO

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