

## RUTLEDGE ENVIRONMENTAL TIPS FROM JACK!

### Poor Indoor Air Quality: Real Costs

According to a study by the American College of Allergy, Asthma & Immunology, 50 percent of all illnesses are either caused or aggravated by poor indoor air quality (IAQ). Poor indoor air quality significantly influences the occurrence of communicable respiratory illnesses, allergy and asthma symptoms, sick building symptoms, and reduced worker productivity.

Poor IAQ is costly to U.S. businesses; the estimated impact to the U.S. economy from poor IAQ ranges as high as \$168 billion per year. Part of this cost comes from direct medical care and absenteeism. One study found that for every 10 workers, poor IAQ caused an additional six sick days per year. The American Lung Association says that U.S. adults miss approximately 14.5 million workdays due to asthma, and the U.S. Centers for Disease Control and Prevention (CDC) estimates that sinus infection sufferers miss an average of four workdays each year.

Respiratory illnesses are triggered by many airborne issues such as microorganisms, dust, smoke, volatile organic compounds, and allergens. Ideally, these triggers should be eliminated or significantly reduced by a building's heating, ventilation and air conditioning (HVAC) system. One study of 813 "sick buildings" found that more than 75% of IAQ problems were HVAC-related.

With everyone tightening their belts, companies and hospitals are no different. One line item that is often reduced or cut among building owners/managers/engineers is the maintenance costs of HVAC systems. You might save hundreds and/or thousands of dollars per year in purchasing fewer air filters and reducing the amount of change-outs, or downgrading to a lower-priced filter.

Prudent building owners/managers will realize that the small amount of money saved by reducing or eliminating air filter purchases or the purchase of lower-priced (lower efficiency) filters is very small compared to the energy and operating costs that can be saved by maintaining a vigorous maintenance program. The U.S. Department of Energy suggests that enhancing operating efficiency of HVAC systems can reduce energy bills by up to 20%. While air filters play a key role in a building's IAQ (Indoor Air Quality), they play a major role in the energy consumed to operate the building's HVAC system.

### Rutledge Makes Your Life Easier—Try Our "Filter Change Maintenance"

You have trusted **Rutledge Environmental** since 1991 to provide you with the **BEST Indoor Air Quality Services** in the Region. NOW. . . in order to serve more of our customers' needs, we have added our Filter Change Maintenance Service. You can be assured that we will be just as reliable with our Filter Change Maintenance Service as we have been with our other services.

#### Some of the items Included in this service are:

- ◆ We will coordinate with your filter supplier for the timely shipment of your replacement filters to your facility or, if space is a problem, to ours.
- ◆ Replaced filters will be bagged and vacuum sealed, then placed in a covered cart for removal from your facility.
- ◆ The filter chamber will be hepa vacuumed, hand cleaned and sanitized prior to installing new filters.
- ◆ While the Rutledge Environmental crew is performing this service, they will do a visual inspection of all components of your affected AHU and note in a Post-Service Report any items that may need to be addressed.



Call Rutledge Environmental  
for all your indoor air quality needs at 800-493-1117 . . .

# RUTLEDGE ENVIRONMENTAL



## Congratulations Patti and Jack!

As many of you already know Jack Rutledge and Patti Witkowski will be getting married over the July 4th Holiday weekend! Everyone at Rutledge Environmental wishes Jack and Patti all the best and many, happy, joyous years to together . . .



United States of America

## Happy July 4th Birthday U.S.A!

What 4th of July would be complete without a picnic, fireworks, and a great recipe? Below is a favorite of the Rutledge Environmental Team! "Sweet, red strawberries combined with tart blueberries, all layered atop a creamy vanilla pudding that make a red-white-and-blue pie that everyone will love."

### Ingredients

- 3/4 cup sugar
- 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 3 cups milk
- 3 egg yolks, lightly beaten
- 2 tablespoons butter or margarine
- 1 1/2 teaspoons vanilla extract
- 1/2 pint heavy cream
- 1 1/2 tablespoons confectioners' sugar
- 1 (9 inch) pie shell, baked
- 1 pint fresh strawberries, halved



### Directions;

In a 3-qt. saucepan, combine sugar, flour and salt. Add milk, stirring until smooth. Cook and stir over medium heat until thickened. Stir in small amount of milk mixture into yolks, then return all to saucepan. Cook, stirring for 2 minutes. Remove from the heat; stir in butter and vanilla. Cool 20 minutes. Pour into pie shell; chill several hours until firm. Whip cream and sugar; spread half over pie filling. Arrange berries on cream. Dollop or pipe remaining cream around edge of pie.



## RUTLEDGE ENVIRONMENTAL'S OWN "TODAY'S WOMAN - JAMIE SACRA"

Jamie Sacra, Operations Coordinator at Rutledge Environmental, was selected to receive an expert make over, and to be featured in the Today's Woman July 2010 Issue. J. Estell Salon on Lyndon Lane (pictured at right) did the make over. We think Jamie looks great! You can check Jamie out (before and after) in the July Issue of Today's Woman on news-stands beginning June 30th. Congratulations Jamie and don't forget we want signed copies of the magazine so we can say "we knew you when . . ."



J. Estell Salon Staff

### Rutledge Environmental Services:

- ⇒ HVAC Systems Cleaning
- ⇒ Microbial Remediation
- ⇒ Asbestos Abatement (NOW OFFERING)
- ⇒ Fire/Smoke Damper Inspection
- ⇒ Kitchen Hood & Duct Cleaning
- ⇒ Combustible Dust Remediation
- ⇒ Filter Change Service (NOW OFFERING)
- ⇒ UV Lighting (NOW OFFERING)
- ⇒ Ceiling Tile Cleaning

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