

# OSHA QUICK CARD™

## Mold

Molds are microscopic organisms found everywhere in the environment, indoors and outdoors. When present in large quantities, molds have the potential to cause adverse health effects.

### Health Effects of Mold Exposure

- Sneezing
- Runny nose
- Eye irritation
- Cough and congestion
- Aggravation of asthma
- Dermatitis (skin rash)

### People at Greatest Risk of Health Effects

- Individuals with allergies, asthma, sinusitis, or other lung diseases.
- Individuals with a weakened immune system (e.g., HIV patients).

### How to Recognize Mold

- Sight – Usually appear as colored woolly mats.
- Smell – Often produce a foul, musty, earthy smell.

### Preventing Mold Growth

- Remove excess moisture with a wet-dry vacuum and dry out the building as quickly as possible.
- Use fans to assist in the drying process.
- Clean wet materials and surfaces with detergent and water.
- Discard all water damaged materials.
- Discard all porous materials that have been wet for more than 48 hours.

### General Mold Cleanup Tips

- Identify and correct moisture problem.
- Make sure working area is well ventilated.
- Discard mold damaged materials in plastic bags.
- Clean wet items and surfaces with detergent and water.
- Disinfect cleaned surfaces with 1/4 to 1 1/2 cup household bleach in 1 gallon of water. **CAUTION: Do not mix bleach with other cleaning products that contain ammonia.**
- Use respiratory protection. A N-95 respirator is recommended.
- Use hand and eye protection.

For more complete information:

 **Occupational  
Safety and Health  
Administration**  
U.S. Department of Labor  
[www.osha.gov](http://www.osha.gov) (800) 321-OSHA

## MOLD



**Cause of Mold:** *(warm/wet conditions inside the building)*



**RESULTS:** *(mold on our walls, abatement company to remove)*



**PREVENTION:** *(keep material off the floor, GC to dry out areas before stocking material)*