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Sustainable Design as a Tool for Healthy Indoor Environment

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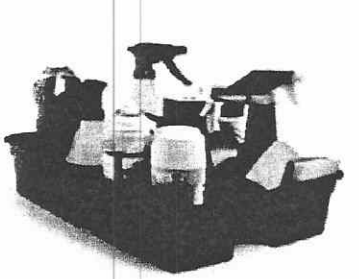
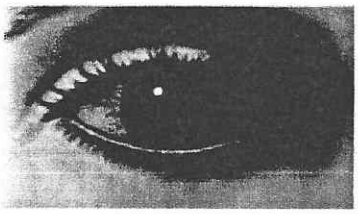
Abstract:- This research on indoor environment would not have been possible unless it can be proven that indoor environment without design criteria by designers and occupants will affect building occupants health and well-being. This research presenting the Indoor Environment Quality (IEQ) and how it affect occupants health, comfort and satisfaction. This research will investigate relationship between elements of indoor environment in building such as heat, lighting, sound, materials, etc. and their impact on indoor health. It is believed that poor indoor air quality (IAQ) is associated with Sick Building Syndrome (SBS), which, of course, have major effects on occupants health. symptoms as a result of poor indoor environment like sickness, asthma, itching, allergy etc. as shown in **Fig.1**. This paper consists of a collection of available information about indoor sustainable design and occupant health. In addition, it reviewed different literature which relates to indoor building health. Finally, its main aim is reach healthy indoor environment which can be adversely affects neither health of its occupants nor larger environment.

Keywords:- Sustainable building, Indoor Environment Quality (IEQ), Human health, Active system, Passive System

Organic Gases (VOCs)

From: paints, cleaning suppliers, copiers, printers, correction fluids, glues, permanent markers.





Toxic Gases NO2 & NO from: gas stove, kerosene heater, tobacco.