**Managing Indoor Environmental Quality (IEQ) Through the Four Seasons**

We know that indoor environmental quality (IEQ) encompasses several different dimensions of comfort. There’s thermal stability, lighting, acoustics, and of course air quality. Ask anyone who’s ever dealt with IEQ on a regular basis, and they’ll tell you that there’s no such thing as “set it and forget it” where indoor environment is concerned.

This is especially true as seasons change. What happens outside has a huge effect on what happens inside. Getting it right means ongoing adaptation to mother nature’s changing moods. However, the payoff is the ongoing comfort, productivity, and wellbeing of your building occupants.

Here are a few strategies to help you stay on top of seasonal change!

* ***Building Controls*** can monitor outdoor conditions and maintain thermal stability as temperatures fluctuate and building managers struggle with the problems under or over producing.
  + ***When to check in:*** *In the* ***SUMMER*** *and* ***WINTER***when temperatures spike and decrease, HVAC systems struggle to keep up — and building owners struggle with the costs associated with dramatic increases energy consumption. Thermal stability once again becomes crucial as managers strive to keep occupants comfortable while avoiding either undercooling or overcooling.
* ***LED Lighting Systems*** can adapt automatically as days get longer and shorter. When integrated with building controls they can help ensure lights are on, off, or dimmed at times and in the places light is needed.
  + ***When to check in:*** *When the days are shorter in* ***WINTER****, lighting is used more regularly. Systems can adjust to be efficient and effective.*
* ***Air Filtration*** can drastically reduce indoor air pollutants from molds, fungi and germs to exhaust, particulates, industrial pollutants.
  + ***When to check in:*** Rising humidity levels in **SPRING** mean dryness can be less of a problem, but there’s a downside: the return of mold and fungi. Making life even more difficult for building occupants is the return of allergens as trees, grasses, and weeds start to pollinate. Also, dropping humidity levels in **WINTER** can produce a stuffy, uncomfortable atmosphere, aggravate respiratory illnesses, and irritate eyes, throat, and skin.
* ***Air-to-air energy recovery***, a method of recycling heat and moisture from exhaust air, can keep exhaust heat from being wasted, particularly in the cooler months when it’s most needed.
  + ***When to check in:*** The temperature relief that comes with **FALL** brings HVAC challenges like **SPRING**, as temperatures fluctuate, and HVAC is forced to do double duty with alternative cool and warm days.
* ***Regular maintenance*** of light fixtures, coils, and ducts keeps equipment running smoothly and prevents outages and failure — and it can be done any time of year!
  + ***When to check in:*** Maintenance is critical **ALL YEAR LONG**! When your system is functioning properly, it is more reliable and efficient, offering the most affective IEQ experience throughout all seasons.