



**IAQ REFERRAL FORM**

Name:	Name of Supervisor:	Date of Request:
Employee Phone:	Department/Faculty:	Facility Manager name:
Employee Email:	Building/Location/Room#:	Safety Committee notified <input type="checkbox"/> Yes <input type="checkbox"/> No

**Please provide the following background information on the nature of your concern:**

**What symptoms are you experiencing?**

- |                             |                          |                     |                          |                    |                          |
|-----------------------------|--------------------------|---------------------|--------------------------|--------------------|--------------------------|
| Difficulty in concentrating | <input type="checkbox"/> | Noticeable odors    | <input type="checkbox"/> | Dry or sore throat | <input type="checkbox"/> |
| Dizziness                   | <input type="checkbox"/> | Sinus congestion    | <input type="checkbox"/> | Aching joints      | <input type="checkbox"/> |
| Headache                    | <input type="checkbox"/> | Sneezing            | <input type="checkbox"/> | Back pain          | <input type="checkbox"/> |
| Nausea                      | <input type="checkbox"/> | Shortness of breath | <input type="checkbox"/> | Skin irritation    | <input type="checkbox"/> |
| Fatigue/drowsiness          | <input type="checkbox"/> | Chest tightness     | <input type="checkbox"/> | Eye irritation     | <input type="checkbox"/> |
| Other (specify):            |                          |                     |                          |                    |                          |

**What are the conditions when you experience these symptoms?**

- |                      |                          |                   |                          |
|----------------------|--------------------------|-------------------|--------------------------|
| Temperature too hot  | <input type="checkbox"/> | Noisy Environment | <input type="checkbox"/> |
| Temperature too cold | <input type="checkbox"/> | Poor Lighting     | <input type="checkbox"/> |
| Other (specify) :    |                          |                   |                          |

**What time of day do you experience the problem?** Morning  Afternoon  Evening  All day

**Please indicate specific day(s) and times of the week that you experience the above symptoms?**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Do you have any allergies that may account for any of the listed symptoms?**  Yes  No  
If yes, please describe:

**When does the problem seem to dissipate?**

**Does any of your tasks produce dust, odor or use any toxic substances?**  Yes  No  
If yes, please describe:

**Please send the completed form to:**

Sonam Uppal – Occupational Hygiene Advisor

Email: [sonam.uppal@ubc.ca](mailto:sonam.uppal@ubc.ca)