

# Better Breathing Bureau Skit

## Tools

Use this skit to introduce Indoor Air Quality issues in your workplace. A humorous approach to serious issues can build motivation needed to bring IAQ problems into the open and foster teamwork to help resolve them.

### Presentation tips:

- Give each player a copy of the script with his or her part(s) highlighted.
- Players can read their parts – no memorization is necessary.
- Think “radio theater” for the sound effects (SFX). They can easily be added by a person’s voice, or they can be produced using props available around the office.

- Have fun with the skit! Introduce it with a reference to the importance of understanding, problem-solving and maintaining healthy IAQ at work.
- After performing the skit, take time to facilitate a brief discussion of IAQ conditions in your office. Brief fellow workers on the process of addressing any problems, as detailed in *Lungs At Work*.

## Scenario One

**Narrator** It's a typical day in an office where Quality is an issue that's always in the air...and protecting Indoor Air Quality is Job One for our hotline operators...

**SFX Phone Rings.**

**Operator #1** Better Breathing Bureau! This is Ms. Wisp. How can I help you be healthier?

**Caller #1 (gasping)** I – I feel like there's no air in my office! It's so still in here – nothing's moving-nothing ever moves except – WHOOPS! WHOAHHHH!

**SFX** Loud thumps and whumps of a body falling, piles of books or file boxes falling as caller collides with workspace clutter.

**Caller #1 (moaning)** Oh darn this stuff, it's everywhere in here. Now where is that Tye-Dee Project folder? It was right on top of that pile this morning ... (wheezing) – Yow! Now there's a cloud of dust in here. (more gasping, wheezing, coughing, etc.)

**Operator #1** Ma'am! Pick yourself up, dust yourself off – and look around at your working area! By any chance, IS IT CLUTTERED?

**Caller #1** Well....Um...Yes, I guess it's kind of messy ... LOOK AT THAT! It's that pearl earring I lost last spring, down in that metal grate thingie on the floor – how wonderfffff – FEW! (sneezes)

**Operator #1** Ma'am, that “thingie” is the cold air return for your working area. It wasn't by any chance blocked by that pile of files or boxes or whatever it was that you tripped over a moment ago, was it?

**Caller #1** Why yes! I remember seeing that thing – like a heating duct - when I first moved in here, but no air ever came out of it so I used that corner for a little extra out-of-the way storage for ... (coughs)

**Operator #1** And are you the ONLY person in your working area, or do you share space with others?

**Caller #1** There are six of us in this cluster of cubicles.

**SFX** Sneezes, gasping, coughing from somewhere near the caller's phone,

**Caller #1** Oh dear, that cloud is still moving in here . . .

**Narrator** For healthier air in any workplace: CLEAN UP CLUTTER! Piles of stored flotsam can block air-return vents, inhibiting healthy air circulation. When dust accumulates on “open storage” areas, air-polluting particles are just waiting to fly into breathing space, whenever anyone moves or even passes close to these “dumping corners.” The first thing to do to safeguard healthy Indoor Air Quality is to pick up - clean up - remove obstructions so that indoor air can circulate. Store the stuff you rarely use in boxes, closets or drawers that can be easily closed and EASILY CLEANED.

## Scenario Two

**SFX** Liquid pouring into cup.

**Employee A** Yes, thanks – I'll take a cup of coffee too. Say, have you heard the news? We're going to get our office painted again next month.

**Employee B** Great! I wonder what the new color scheme will be?

**Employee A** I can't even think about that, I'm so worried about how I'll feel when the work is going on.

**Employee B** What do you mean?

**Employee A** Last time we had remodeling done, my head ached and I felt dizzy every day they were painting. On the last day the painters were here, my sinuses were killing me!

**Employee B** Wow! Maybe you had a reaction to something in the paint. Let's see, I know what that stuff is called: VOCs! Volatile organic compounds. They're chemicals in the paint that are released into the air. Like air pollution, only indoors. More coffee?