

## WHAT'S IN THE AIR - WE HAVE MOSSES, HUMAN HAIR SO LET'S LOOK FOR ANSWERS?

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**Abstract:** Biological methods using mosses or human hair can be used effectively to assess air pollution by elements from tobacco smoke, aroma candles and fireworks, among others. *Pleurozium schreberi*, *Sphagnym fallax* and *Dicranum polysetum* species of mosses are most commonly used in active biomonitoring. The results of long-term research into the potential use of living organisms in assessing environmental pollution by heavy metals or polycyclic aromatic hydrocarbons will be presented. The results of analyses of human hair in the context of pollution of the human body by selected elements will also be shown. It will be demonstrated that active biomonitoring is a method that can be successfully applied as a complement to classical analytical techniques for the assessment of air pollution by selected analytes.

**Keywords:** bioanalytics, active biomonitoring, mosses, human hair, heavy metals, polycyclic aromatic hydrocarbons