Fundamentals of a Healthier Home – Capitalizing on EPA's Indoor airPLUS Label

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2016 EEBA Conference - September 29, 2016







Agenda

- Indoor airPLUS Basics
- Building and Verifying Indoor airPLUS Homes
- Selling Indoor airPLUS
- Marketing and Technical Resources



Welcome to Texas!



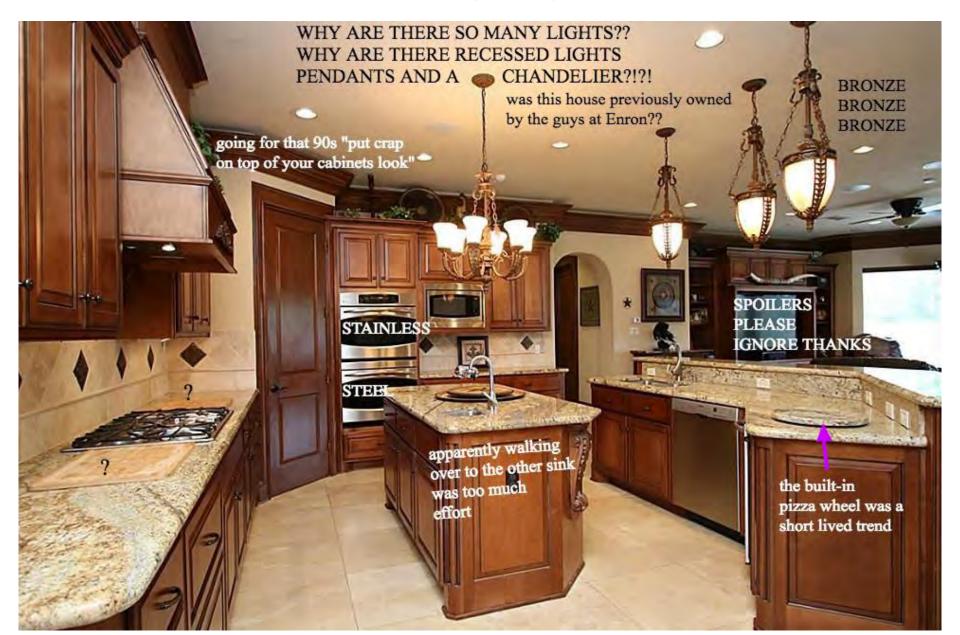
Living Room #1



Living Room #2



Kitchen



Dining Room #1



Dining Room #2



Media Room



Indoor Air Quality?



Look how we used to build!



Look how we used to build!



- The average person inhales 15,000 quarts of air daily.
- People in the U.S. spend about 90% of their time indoors.
- EPA studies indicate indoor levels of pollutants may be up to 10 times higher than outdoor levels.
- There is not yet a governing standard or metric for indoor air quality.
 - Many limits for pollutants in outdoor air (based on Clean Air Act), but not for indoor pollutants.
 - But there are known indoor pollutants, health risks, and prescriptive measures to avoid them.

In terms of health care costs, building retrofits which improved the indoor environment of a building resulted in reductions of:

- communicable respiratory diseases of 9-20%;
- allergies and asthma of 18-25%; and
- non-specific health and discomfort effects of 20-50%.¹

¹Fisk, William J. (2000). Health and Productivity Gains from Better Indoor Environments and their Implications for the U.S. Department of Energy. Accessed Sept. 24, 2012 via http://energy.lbl.gov/ie/viaq/pubs/lbnl-47458.pdf

As of January 2015, the market for houses with "green" certifications bring 10 to 14 percent more than for comparable homes without them according to recent studies.¹

Q: Do you think it would cost 10% more to build to Indoor airPLUS?

¹Alan J. Heavens, "<u>'Green' home certifications are bringing more greenbacks</u>," The Philadelphia Inquirer, Jan. 19, 2015.



A recent study shows 55% of firms rate greater health and well-being as their top social reasons for building green, up from only 29% in 2008.

If you're not focused on IAQ and building this way now, your competitors are likely ahead of you.

²²World Green Building Trends: Business Benefits Driving New and Retrofit Market Opportunities in over 60 Countries, McGraw-Hill. 2013



Differentiate your company





More than 25 million people, including 7.1 million children, have asthma and there is a 20-50% increased risk of asthma in damp houses.



Stepping Stones in High Performance Building







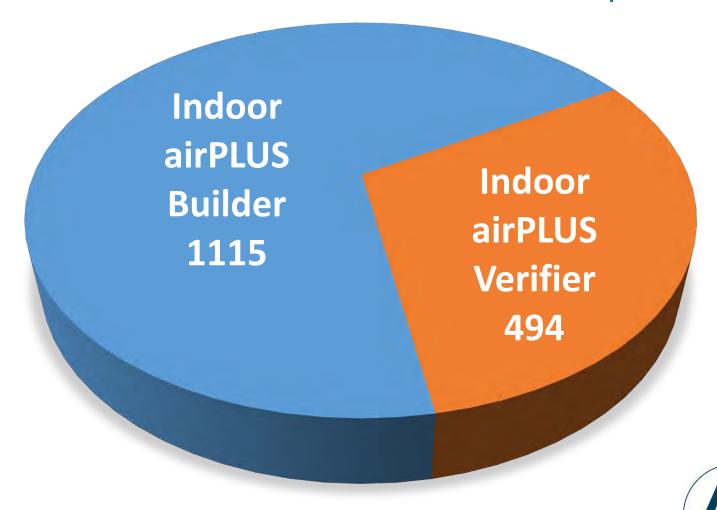






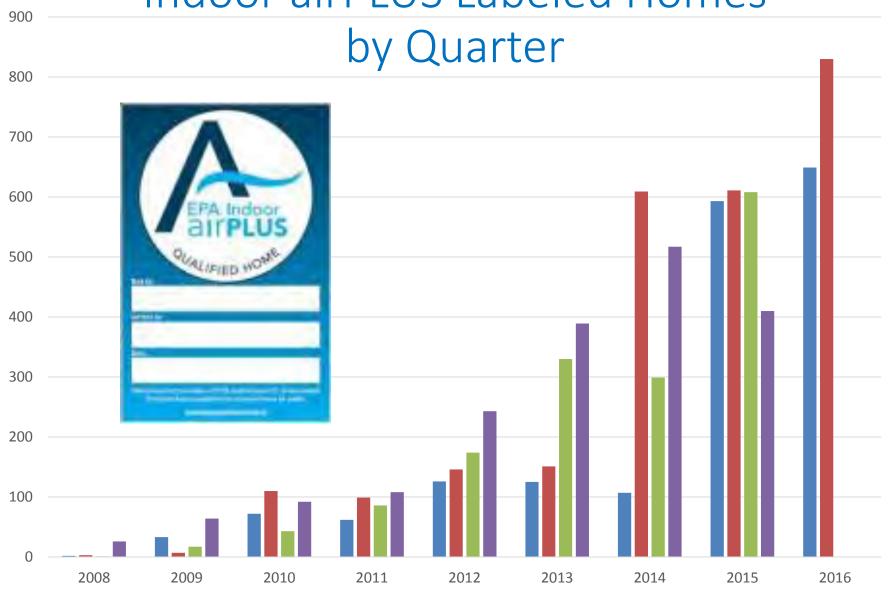


Indoor airPLUS Partnership

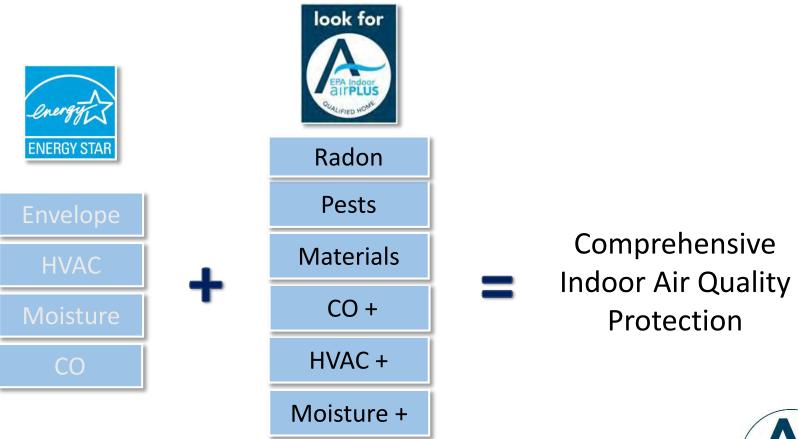


Builder partnerships have increased 300% in last 3 years.

Indoor airPLUS Labeled Homes



ENERGY STAR + Indoor airPLUS



Indoor airPLUS adds additional <u>health protections</u> to your ENERGY STAR value proposition



Reducing Health Risks

1. Source Control

(eliminate or manage)



2. Ventilation

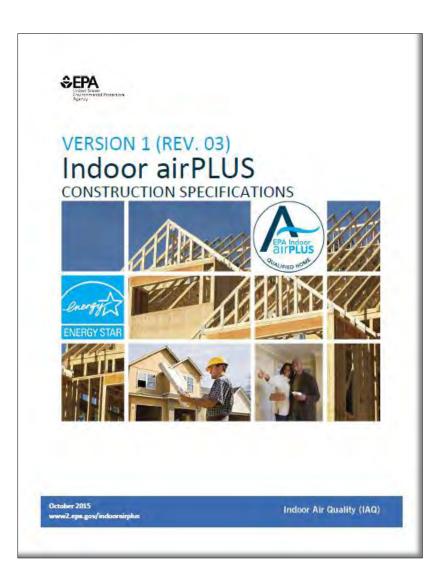
(dilution)



3. Filtration



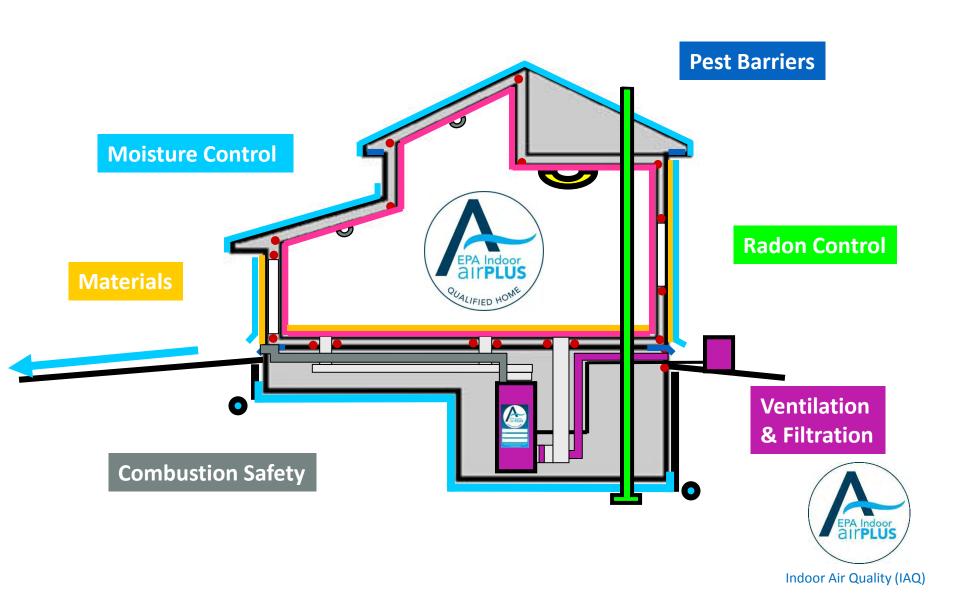
Revision 3



- Released October 2015.
- Further alignment with ENERGY STAR Rev. 8.
- Clarified multiple requirements.
- Provided additional advisories (e.g adhesives & sealants).
- Updated list of compliant products for Section 6 and developed a new resource, <u>How to Find Indoor airPLUS</u> <u>Compliant Low Emission</u> <u>Products.</u>



Indoor airPLUS



1. Moisture Control



- Moisture is a leading cause of health, comfort and durability concerns in homes.
- 19% of U.S. households have at least one person with asthma.
- There is a 20-50% increased risk of asthma in damp houses.
- The economic cost of asthma amounts to more than \$56 billion annually.
- Mold grows where there is moisture.
- Molds produce allergens, irritants, and in some cases, potentially toxic substances.

1.1 Site and Foundation Drainage



- ✓ Slope hard surfaces and final grade away from the foundation.
- ✓ Install drain tiles at the footings of basement and crawlspace walls.

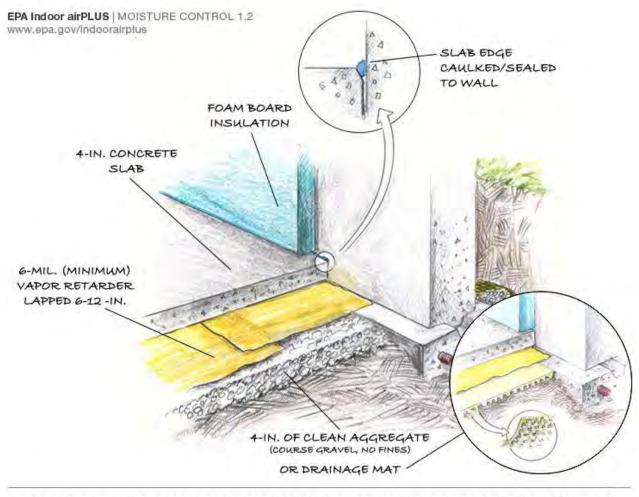


• Install a drain or sump pump in basement and crawlspace floors.





1.2 Capillary Break Installation



BASEMENT SLAB W/ CAPILLARY BREAK - GRAVEL AND GEOTEXTILE MAT (INSET)

1.3 & 1.4 Below-grade Foundation Walls



- ✓ Waterproof crawlspace and basement perimeter walls.
- ✓ All floors above unconditioned spaces shall be insulated.



- Insulate crawlspace and basement perimeter walls.
- Seal crawlspace and basement perimeter walls.
- Provide conditioned air by either
 - A dedicated supply (1 cfm per 50 square feet) <u>OR</u>
 - Crawl space exhaust (only in non-Radon zone 1)

Alternative path coming in Revision 4 – Mechanical dehumidification of crawl in lieu of insulation and conditioned air.



1.5, 1.6, & 1.7 Wall Drainage System



- ✓ Install a drainage plane behind exterior wall cladding.
- ✓ Install flashing at the bottom of exterior walls.
- ✓ Fully flash all window and door openings.
- ✓ Direct roof water away from house using gutters or an underground catchment system.



- For homes that meet ENERGY STAR exceptions for gutters and downspouts, provide protection for water splash damage by one of the following:
 - Extend the foundation walls 16 in. above grade.
 - Provide a drip line that is 16 in. from the foundation.
 - Install cladding that can tolerate wetting and a drainage plane that extends 16 in. above grade.

1.11 Moisture-Resistant Materials



- ✓ Install moisture-resistant backing material behind tub and shower enclosures.
- ✓ Install a corrosion-resistant drain pan.



- Install only water-resistant hard-surface flooring in kitchens, bathrooms, entryways, laundry areas, and utility rooms.
- Insulate water supply pipes in exterior walls with pipe wrap.



1. Moisture Control and Water Management

Benefits

Water damage reduction

Flood mitigation

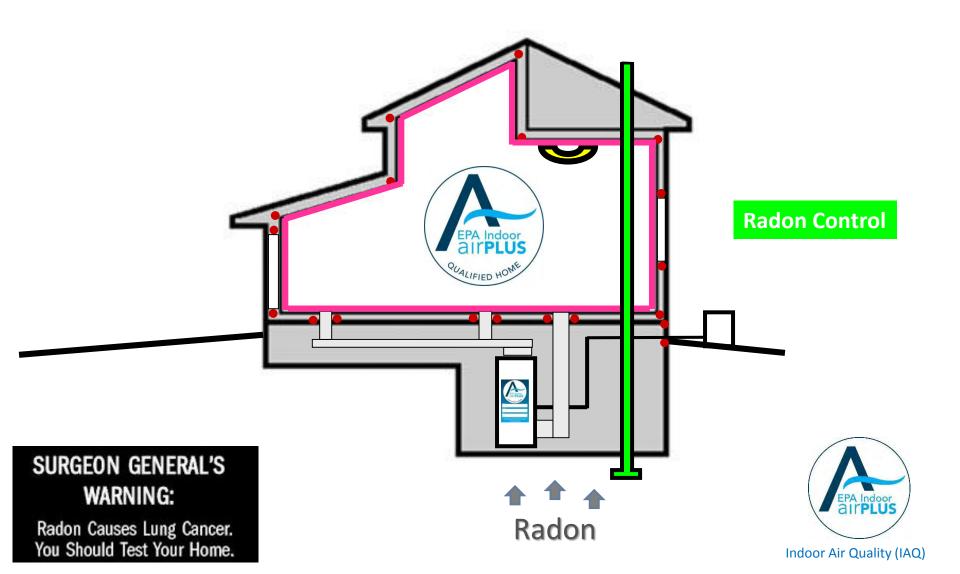
Structural durability

Reduces potential for mold growth – even in places you can't see.

Fewer maintenance issues from peeling paint and moldy grout



2. Radon



2.1 Radon Control



✓ Air seal all sump covers.

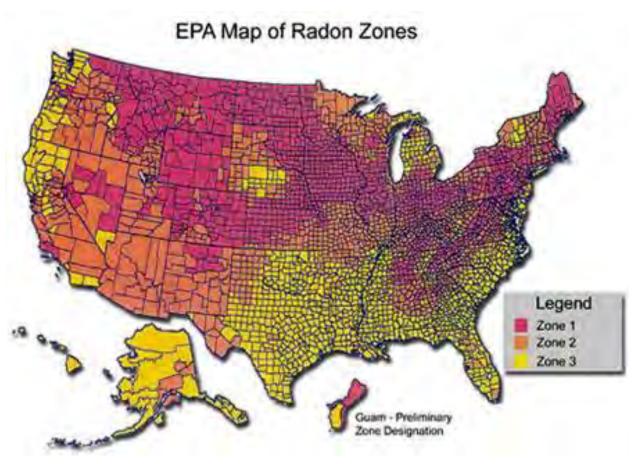


- Construct homes built in EPA Radon Zone 1 with radonresistant features.
- Advisory:
 - Passive Systems recommended in Zones 2-3.
 - Educate homeowners.

For more on radon-resistant construction, see: https://www.epa.gov/radon/radon-resistant-construction-basics-and-techniques



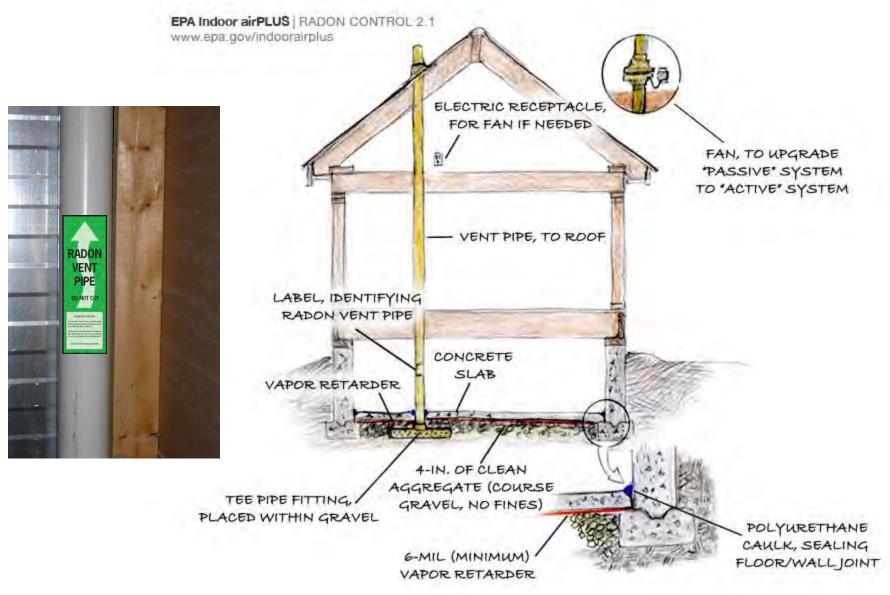
2.1 Radon Control



Note: These maps indicate average risk by county. However, high levels of radon can be found in any home. See: www.epa.gov/radon/zonemap.html or for an interactive map, see: http://www.wxplushealth.org/geoexplorer.



2.1 Radon Control



3.2 Rodent/Bird Screens

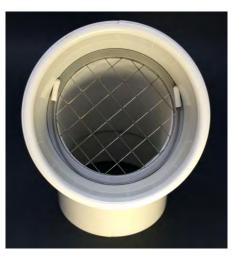


 Provide <u>corrosion-proof rodent/bird screens</u> for all opening that cannot be sealed or caulked.

Note: Does not apply to dryer vents







Indoor Air Quality (IAQ)

3.2 Rodent/Bird Screens





Photo courtesy Ross Britton, US Ecologic



3. Pest Barriers



Homeowner Benefits

Prevention of potential damage from pests

Less vacuuming and dusting

Reduced pest-related allergens, asthma triggers and diseases



4. HVAC Systems







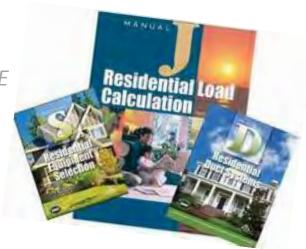


- Indoor relative humidity greater than 60% can encourage mold growth and attract organisms such as dust mites or other pests.
- HVAC components in wall cavities and garages can expose occupants to mold, carbon monoxide, hydrocarbons, nitrogen oxides, radon, pesticides and other contaminants.
- Ordinary residential panel filters collect less than 20 percent of the particles between 3 and 10 microns. A MERV 8 filter collects more than 70% of the particles in this range.

4.1 HVAC Sizing and Design



✓ Properly size all heating and cooling equipment using ACCA Manual J, ASHRAE Handbooks, or equivalent software.

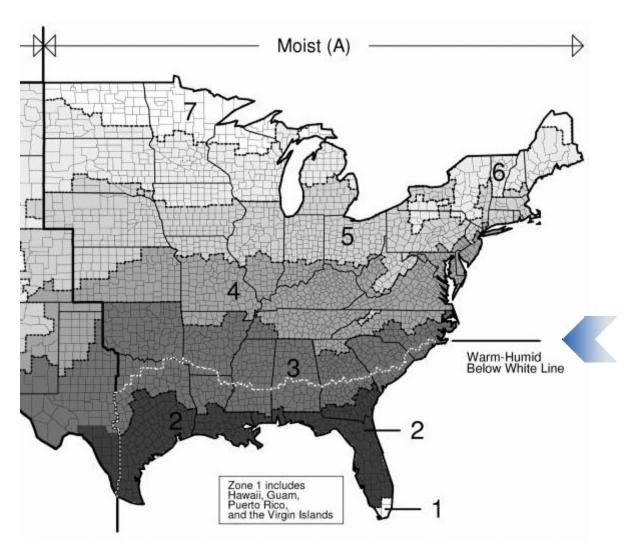




• "Warm-Humid" climates: equipment shall be installed with sufficient latent capacity to maintain indoor relative humidity (RH) at or below 60 percent.



4.1 HVAC Sizing and Design



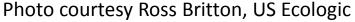
Homes in "Warm-Humid" climates use additional controls or dehumidification systems to maintain RH ≤ 60%



4.1 HVAC Sizing and Design



Best practice: humidity sensing thermostat





4.2 Duct System Design and Installation



- ✓ Design all duct systems according to ACCA Manual D, ASHRAE Handbooks, or equivalent software.
- ✓ Ensure that all duct systems are airtight and properly balanced.



- Do not use building cavities as part of the forced air supply or return systems.
- Cover duct openings throughout construction or vacuum out ducts prior to installing registers.



Photo courtesy Ross Britton, US Ecologic

4.2 Duct System Design and Installation

COVERING DUCT OPENINGS
DURING CONSTRUCTION

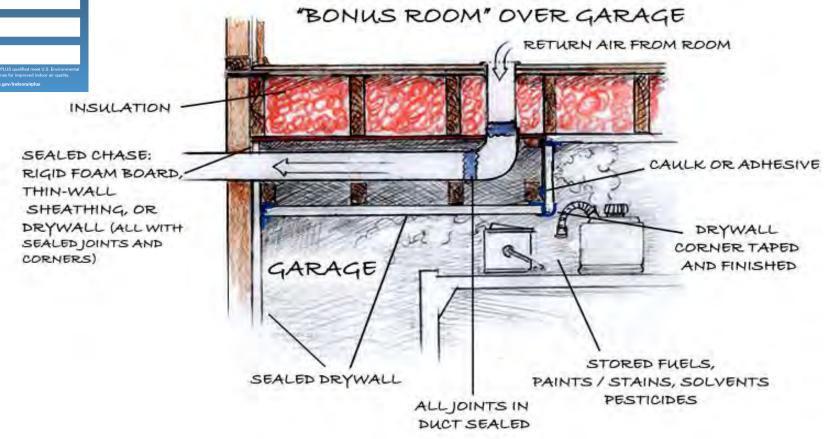


4.3 Location of Air Handler and Ducts



• Do not locate air-handling equipment or ductwork in garages.

Note: Ducts may be located in building cavities adjacent to the garage if they are separated with a continuous air barrier.



4.6 Local Exhaust for Known Pollutant Sources



✓ Provide local mechanical exhaust ventilation to the outdoors in bathrooms and kitchens.



- Vent conventional clothes dryers to the outdoors.
- Electric condensing dryers must be plumbed to a drain.



4.6 Local Exhaust for Known Pollutant Sources





Photos courtesy Ross Britton, US Ecologic



4.7 Filtration



✓ Equip all filter access panels with gasket material or comparable sealing mechanism to prevent bypass air.



- Install only HVAC filters that are MERV 8 or higher.
- Do not install any air-cleaning equipment designed to produce ozone.
- Use a filter in the air handling unit during construction and a clean filter upon final inspection.





4.7 Filtration for Central Forced-Air HVAC Systems

- Filters come in multiple sizes.
- Filters are typically 1", 2", or 4" in depth.
- Previously, the primary purpose for filtration was to just protect the HVAC system, not indoor air quality.









5. Combustion Pollutants





 Accidental carbon monoxide (CO) poisoning kills an average of 439 persons annually.

(CDC; MMWR; 12/21/2007)

 Carbon monoxide, an odorless, colorless gas, which can cause sudden illness and death, is produced any time a fossil fuel is burned.



5.1 Combustion Equipment



- ✓ Mechanically draft or direct vent all gas- and oil-fired furnaces, boilers and water heaters.
- ✓ Fireplaces that are not mechanically drafted must meet exhaust flow or pressure differential.



- Do not install any unvented combustion space-heating appliances.
- Ensure that all fireplaces and other fuel-burning appliances are vented to the outdoors and supplied with ventilation air.
- Meet emissions standards and restrictions for all fuelburning appliances located in conditioned spaces.

5.2 Carbon Monoxide Alarms



 All homes with combustion appliance(s) or an attached garage shall have a carbon monoxide (CO) alarm installed in a central location in the immediate vicinity of each separate sleeping zone.





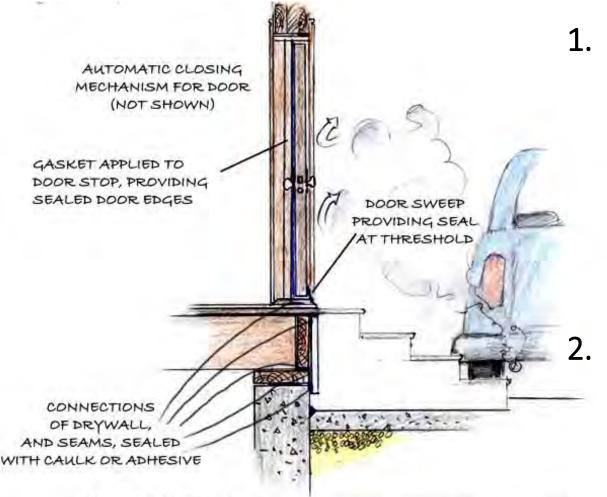
CO ALARM



COMBINED CO & SMOKE ALARM



5.4 Attached Garages



1. **Isolation** from interior

- Common walls and ceilings are air-sealed.
- No HVAC equipment or ducts in garage.
- Weather stripping and an automatic door closer is installed on connecting doors between living space and garage.

Ventilation OR pressure testing ensures separation from living space.

AIR-SEALED WALL (AND CEILING WHEN LIVING SPACE OVER GARAGE)
SEPARATING GARAGE POLLUTANTS FROM LIVING SPACES
(SEE ALSO 4.3)





Continuous rigid air barrier at rough-in, installed at the kneewall between the garage and the entry--two different ceiling heights.

Barrier installed at the chase formed by the entryway arch framework.



Indoor Air Quality (IAQ)



Photo courtesy Ross Britton, US Ecologic

Self-closing door mechanisms

- Just on door between garage and living space
- Self-closing/spring hinge is sufficient
- Many low cost options available





Self-closing door mechanisms

- Just on door between garage and living space
- Self-closing/spring hinge is sufficient
- Many low cost options available



Photo courtesy Ross Britton, US Ecologic

5. Combustion Pollutants



Benefits

Reduced exposure to carbon monoxide.



Pollutants in attached garages isolated from living space.

Round-the-clock peace of mind.



6. Low Emission Materials





Potential Issues:

- Indoor levels of many chemical pollutants can be 2-5 times higher than outdoor levels.
- Volatile Organic Compounds
 (VOCs) include a variety of
 chemicals, some of which may
 have short- and long-term adverse
 health effects, including eye, nose
 and throat irritation, headaches,
 loss of coordination, nausea,
 damage to liver, kidney, and
 central nervous system.

VOC and product labeling basics

- Complex and evolving field
- VOCs have been regulated under the Clean Air Act (CAA) for decades
- <u>BUT</u> CAA is only concerned about VOCs that react with sunlight to form ground level ozone in outdoor air
 - Indoor air was not considered in the Clean Air Act
 - Some VOCs are exempt from CAA but may still be of concern indoors, e.g., perchloroethylene, methylene chloride, acetone
- Ramifications:
 - Early standards for low emission products only concerned with not exceeding the regulatory VOC limits
 - Led to a CONTENT-based system of evaluating VOC s in products based on the weight or volume of regulated VOCs that go into the product
 - No attention to what VOCs are actually emitted into indoor air.

What are the Material Requirements?

6.1 – Composite Wood

Structural panels, cabinetry, shelving, trim, doors, stair treads, flooring, etc.

6.2 - Interior Paints and Finishes
Site-applied coatings only, but not
simply "low-VOC".

Indoor airPLUS – Section 6

Low-emission Materials

6.3 – Carpet and Carpet Adhesives

CRI Green Label

6.4 – Adhesives and Sealants

Recommended but not yet required.

6.5 – Hard Surface Flooring *Advisory coming soon.*

How to Find Indoor airPLUS Compliant Low Emission Products



- Guidance on identifying compliant low-emission products and 3rd party labels.
- https://www.epa.gov/indoo rairplus/indoor-airpluscompliant-low-emissionproducts
- RESNET 2016 in-depth presentation: Plain Speak on How to Find the Right Products

Indoor Air Quality (IAQ)

6.1 Composite Wood



 Use certified low-formaldehyde products for all composite wood materials installed in the home including, but not limited to: structural panels, cabinetry, shelving, trim, doors, stair treads, flooring, etc.



- Specific standards or certifications apply to these product types:
 - Structural Plywood
 - Hardwood Plywood
 - Particleboard & MDF
 - Cabinetry



6.1 Composite Wood - HWPW



6.1 Composite Wood - Particleboard









6.1 Composite Wood - MDF





Cabinetry

Requirement: Use Cabinetry made with component materials (plywood, particleboard, MDF) that are certified to comply with the appropriate standards above; OR registered brands or products produced in plants certified under the Kitchen Cabinet Manufacturers Association's (KCMA) Environmental Stewardship Certification Program (ESP 05-12); OR GREENGUARD or GREENGUARD Gold Certification for Cabinetry.



| Meet at least one standard below | How to find compliant products |
|--|---|
| Cabinet components must comply with the appropriate standard above | Look for: ANSI A208.1 or ANSI A208.2, OR the ECC label, OR GREENGUARD or GREENGUARD GOLD. |
| KCMA's Environmental Stewardship Program (ESP 05-12) | Look for the KCMA-ESP label on cabinets (often sink bases), product packaging, and/or spec sheets. For a list of KCMA certified manufacturers that produce compliant cabinets, visit: http://www.kcma.org/Members/ESP Certified Manufacturers Note: Manufacturers listed in the link above can be used as a resource, but partners should request confirmation from the manufacturer or supplier that the product lines they are using are indeed compliant. |
| GREENGUARD or GREENGUARD Gold Certification for Cabinetry | For a list of GREENGUARD or GREENGUARD Gold certified cabinetry, visit: http://productguide.ulenvironment.com |

/SearchResults.aspx?CategoryID=47

6.1 Composite Wood – Cabinetry

Note: Do not confuse the 2 KCMA labels. Look for the green ESP label, not the standard KCMA label.







6.2 Interior Paints and Finishes

Requirement: At least 90 percent of the interior surface area covered by site-applied paints and coatings shall use low-VOC or no-VOC products certified by one of the following third-party standards or certifications:

| Meet at least one of the standards below | How to find compliant products |
|---|--|
| GREENGUARD or GREENGUARD GOLD Certification for Paints and Coatings | Look for GREENGUARD labels on products, packaging, or spec sheets: Search for GREENGUARD and GREENGUARD Gold certified paint and coating products at: http://productguide.ulenvironment.com/SearchResults.aspx?CategoryID=15⋐ CategoryID=28 |
| Scientific Certification Systems (SCS) Standard EC- 10.2-2007 or Indoor Advantage Gold | Look for the Indoor Advantage Gold label on products, packaging, or spec sheets. OR find Scientific Certification Systems certified products at: http://www.scsglobalservices.com/certified-green-products-guide?scscertified=1 INDOOR ADVANTAGE GOLD IPRODUCT |
| CA Section 01350 (CDPH Standard Method V1.1- 2010) | Look for low-emitting products found in the CHPS database. CA 01350 Certified products can be found in the Collaborative for High Performance Schools searchable high performance product database under the category "Interior Finish and Trim" with attribute "Low Emitting Material: http://www.chps.net/dev/Drupal/node/445 |



6.2 Interior Paints and Finishes

| Green Seal Standard GS-11 | Look for the Green Seal label on products, packaging, or spec sheets: |
|---|---|
| | Green Seal Standard GS -11 products: |
| | http://www.greenseal.org/FindGreenSealProducts andServices.aspx?vid=ViewProductDetail&cid=0&sid=6 |
| | CERT |
| Green Wise and Green Wise Gold products | Look for the Green Wise labels on products, packaging, or spec sheets. Find Green Wise and Green Wise Gold products: http://greenwisepaint.com/products/interior-top-coat |
| Master Painters Institute (MPI) Green Performance ® Standards X-Green, GPS-1 or GPS-2. | Look for the MPI labels on products, packaging, or spec sheets: Find MPI approved products: http://www.paintinfo.com/mpi/approved/Specification_index.shtml |



6.2 Interior Paints and Finishes





6.3 Carpets and Carpet Adhesives



- Use carpets and carpet adhesives labeled with the Carpet and Rug Institute (CRI) Green Label Plus testing program criteria.
- Use carpet cushion products certified to meet the CRI Green Label Plus or Green Label testing program criteria.



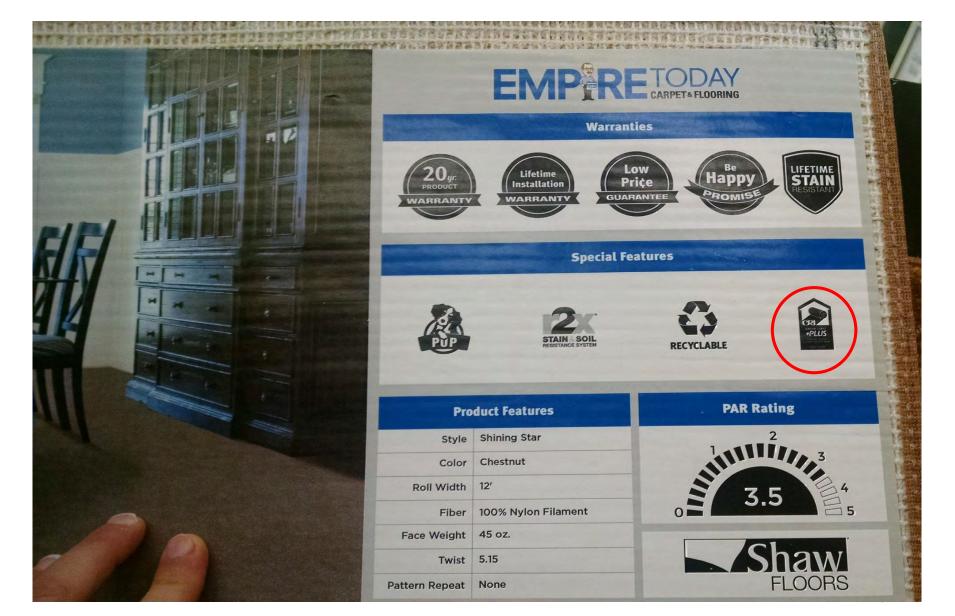




6.3 Carpet and Carpet Cushion



6.3 Carpet and Carpet Cushion



7.1 HVAC and Duct Verification



✓ Verify that HVAC systems and ductwork are installed according to their design.



- Inspect ductwork to verify it is dry and substantially free of dust or debris. If duct openings were not covered during construction, thoroughly vacuum out each opening.
- Inspect air-handling equipment and verify that the filter is new, clean and meets specified MERV rating.



7.2 Ventilation after Material Installation



- <u>Ventilate the home with outside air at the highest</u> rate and duration practical, meeting ventilation requirements for air flow and humidity control (see Item 4.5):
 - During and shortly after installing products that are known sources of contaminants, AND
 - During the period between finishing and occupancy.



7.3 Buyer Information Kit

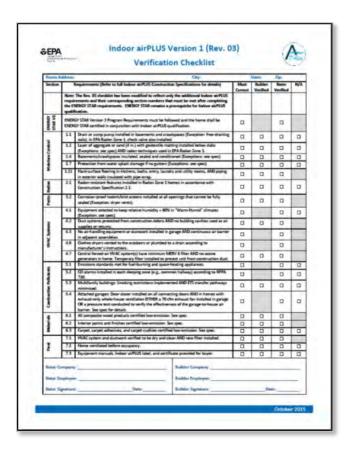
- Provide buyers with information and documentation of the home's IAQ protections, including:
 - HVAC, duct, and <u>ventilation system design</u> documentation.
 - Operations and maintenance instruction manuals for all installed equipment and systems addressed by Indoor airPLUS and ENERGY STAR requirements.
 - Indoor airPLUS <u>label and certificate</u>.







That's it. You are now ready to build and label Indoor airPLUS homes!



One additional checklist verified by the Rater



Place the Indoor airPLUS label adjacent to the ENERGY STAR label



Indoor Air Quality (IAQ)

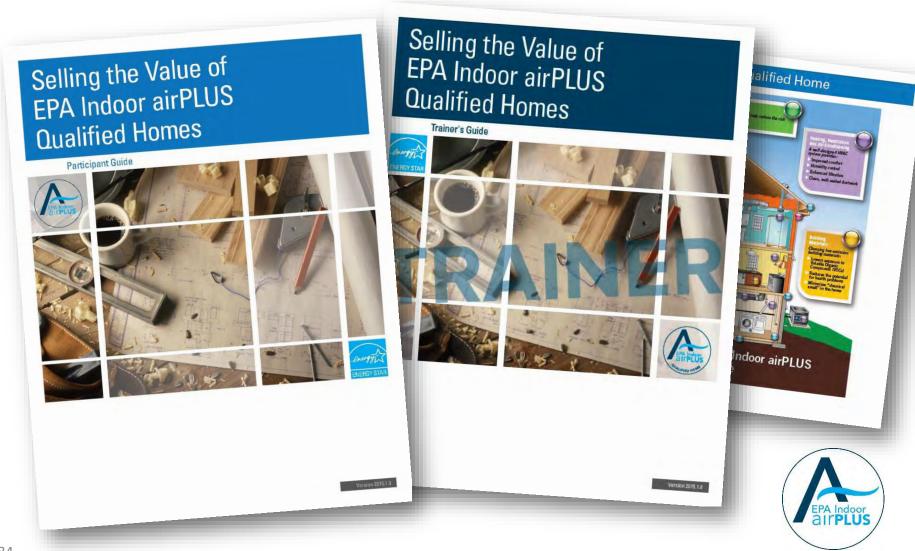
What Does Indoor airPLUS Cost?

- No fee to participate in the EPA program.
- Raters may charge a verification fee.
- Cost of additional Indoor airPLUS features will vary based on:
 - Local code requirements and typical building practices
 - Type of foundation (e.g., below grade foundation or slab on grade)
 - Climate Zone (e.g., some exceptions in dry climates)
 - Radon Zone (passive system required in Radon Zone 1)
 - Availability of suppliers and cost of materials
- Cost of additional features could be a few hundred dollars in dry, non-Radon Zone 1 areas or up to a few thousand dollars in moist climates in Radon Zone 1.

Selling Indoor airPLUS



Indoor airPLUS Sales Training Kit



Learning Objectives

Module 1

- 1. Differentiate between:
 - a. Average New Homes
 - b. ENERGY STAR® certified homes
 - c. Indoor airPLUS qualified homes
- 2. Describe the features and benefits
- 3. Identify an ideal Indoor airPLUS client



Module 2

- 4. Create value propositions
- 5. Apply value propositions



Communicating Value to the Homebuyer

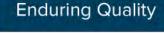
Average New Home

Minimum Code





Enduring Quality



Peace of Mind

Indoor airPLUS

Qualified Home



Peace of Mind

Wall-to-wall Comfort

٠,

Wall-to-wall Comfort



Comprehensive Indoor Air Quality Protection

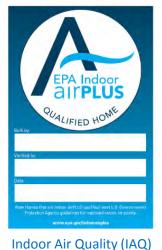
Proven Value

Proven Value



Safety



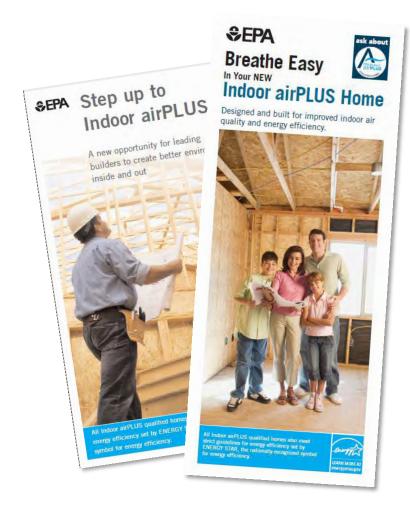


Builders are recognizing that <u>buyers care about</u> <u>health</u> and are looking for this benefit in a new home.



Resources and Tools

Marketing and Technical Support for Partners



- Builder and consumer resources
- Partner locator
- Website widgets
- Construction requirements
- Technical guidance



www.epa.gov/indoorairplus



Building America Solution Center

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Guides A-Z

Help

ENERGY STAR Certified Homes

Zero Energy Ready Home

EPA Indoor airPLUS

FIND RESOURCES:

References and Resources

CAD Files

Image Gallery

Case Studies

Optimized Climate Solutions

FIND PUBLICATIONS:

EPA Indoor airPLUS



The U.S. Environmental Protection Agency (EPA) Indoor airPLUS checklist provides links to technical guides that align with measures included in the EPA Indoor airPLUS program requirements. The numbers and titles included in this checklist follow the same order and numbering as those in the EPA Indoor airPLUS Verification Checklist. At this time, only measures associated with the DOE Zero Energy Ready Home program are displayed in the accordions below. Completing these requirements fulfills the "Indoor Air Quality" section of the DOE Zero Energy Ready Home Program. To view the full program requirements see EPA's Construction Specifications 73 document. Portions of the programmatic footnotes have been added to the Scope tabs in the guides. For additional DOE Zero Energy Ready Home program requirements and

information, visit the DOE Zero Energy Ready Home Website.

- ENERGY STAR for Homes Baseline
- Moisture Control
- Radon
- Pests
- HVAC Systems

Technical Resources and Tools

https://basc.pnnl.gov/checklists/epa-indoor-airplus



Indoor airPLUS Leader Awards



The Indoor airPLUS Leader Awards were created to recognize and reward Indoor airPLUS Program partners who construct and verify Indoor airPLUS homes designed and built for improved indoor air quality.

This annual award recognizes market leading organizations who promote safer, healthier and more comfortable indoor environments by participating with Indoor airPLUS and offering enhanced indoor air quality protections for their new homebuyers.

http://www.epa.gov/indoorairplus/leader awards.html







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FULTON HOMES



Indoor airPLUS Leader Awards 2016 Builder Winners

http://www2.epa.gov/indoorairplus/indoor-airplus-leader-award-winners





Indoor airPLUS



A new opportunity for leading builders to create better environments inside and out

Learn more at:

www.epa.gov/indoorairplus

OR contact the Indoor airPLUS Team at

indoor_airPLUS@epa.gov