





Susan Raterman Certified Industrial Hygienist

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Agenda

- 1. Fundamentals of IAQ
- 2. Pollutant Sources and Controls
- 3. Air Filtration, Filter Ratings
- 4. HVAC and Home Performance Basics
- 5. Types of Ventilation Systems
- 6. Selecting Ventilation System for the Application
- 7. IAQ Sensors and Ventilation Controls



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Learning Objectives

- · Identify the fundamentals of healthy indoor air quality
- Identify unique challenges posed by threat of SARS-CoV-2 transmission and airborne bioaerosols
- Understand air filtration, air filter rating metrics and filtration strategies for particulates and SARS-CoV-2
- Understand why leaky, drafty homes have more moisture issues and reduced indoor air quality, how to prioritize air sealing locations that matter most for energy, health and wellness



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Learning Objectives (cont'd)

- Recognize the relationship between air sealing and preventing moisture problems that lead to structural failures and IAQ problems.
- Interpret the fundamentals of ASHRAE 62.2, the national ventilation standard referenced in the energy codes.
- Understand how sensors measure indoor pollutants and IAQ parameters to help maintain optimal air quality
- Understand differences between negative, positive and balanced ventilation systems and how to select the best system



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Fundamentals of IAQ Common pollutants, Health hazards, Control strategies







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Which of the following would you require of a home for you to consider it to be a "healthy home" Source: John Burns Real Estate Consulting, LLC, October 2020 Air filtration / purification Easy-to-clean surfaces Humidity control to prevent mold Bedrooms designed for restful sleep Surfaces that repel germs/viruses/bacteria Age-in-place features Low VOC paints and finishes When asked which Home gym feature is the most Touchless plumbing or light switches important, air filtration and Organic or natural materials purification was the Brand new dear winner. Includes a "wellness room" **COUPONT** Copyright Steve Easley 2021

Air Pollution

- Air pollution from burning fossil fuels is responsible for > 8 million premature deaths per year worldwide (1 in 5 deaths 2018)
- 350,000 premature deaths in U.S. per year due to fossil fuel pollution

Vohra, et al., 2021





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Indoor Air Pollution

- · Indoor air pollutant levels are commonly higher than in outdoor air
- People spend approximately 87% of their time indoors





• Majority of our exposure to outdoor contaminants occurs indoors



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Indoor Air Contaminants Impact:

- Health acute and/or long term
 - Acute: irritation of eyes, nose & throat, headaches, dizziness, fatigue, asthma
 - · Long-Term Effects: Respiratory and heart disease, cancer
- Comfort
- · Well-being
- Learning outcomes
- Work performance: fatigue, difficulty concentrating & thinking clearly, reduced cognitive function

And are largely unregulated



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Factors Affecting Indoor Air Contaminant Exposures Pollutant Source Strength Ventilation Individual Sensitivity Copyright Steve Eastey 2021

Causes of Indoor Air Quality Problems

- · Release of Gases and Particles from Indoor Sources
 - · Building materials and furnishings
 - Fuel Use
 - · Maintenance and cleaning products
 - Personal use products (tobacco, candles, fragrances, hobbies)
 - Biological
- Introduction of Outdoor Air Pollutants Into the House
- Excess Moisture, Humidity
- Inadequate Ventilation, Filtration
- · Pressurization/Depressurization Issues







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Indoor Air Quality Issues of Most Concern - 1991

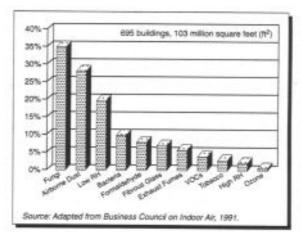


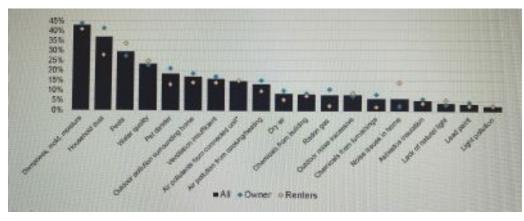
Figure 1-8. Microbial growth is the No. 1 IAQ problem in the nation.



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Indoor Air Quality Issues of Most Concern - 2018



Farnsworth Group and Joint Center Healthy Homes Surveys, August 2018



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Particulate Matter

- PM₁₀, PM_{2.5}, heavy metals, ultrafine particles
- Allergens: pollen, dust mites, pet dander & hair, pests
- Bioaerosols: viruses, bacteria, mold
- Fibers: asbestos, fibrous glass



Volatile Organic Compounds

- Chemicals from cleaning products
- VOC's released from furnishings, building materials, paints, adhesives, solvents

Gases

- Carbon dioxide
- Radon
- H₂S



Combustion Products

- Carbon monoxide
- Nitrogen dioxide
- Tobacco Smoke



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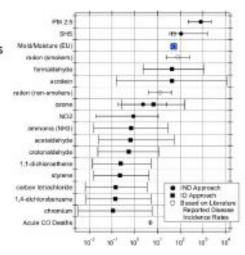
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DALYs Lost (per year per 100,000 persons)

Estimate Disability Adjusted Life Years DALYs consider severity of health outcomes

4-11 DALYs per 1000 people per year

Secondhand smoke Mold / moisture Radon Formaldehyde Acrolein, Ozone, NO.



Logue et al., Environmental Health Perspectives, 2012 **COUPONT**

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Fine Particulate Matter



Higher PM_{2.5} Increased Severity:

- Strokes, cardiovascular illness, deaths
- Hospital admissions for respiratory distress
- · Severity of chronic lung disease

How and Why...

- · Lung irritation leads to more permeable tissue
- Inflammation of lung tissue releases chemicals that impact heart
- Changes in blood chemistry increase risk of clots.



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Gas Stoves Emit more PM_{2.5} than Electric Ranges

- All cooking creates PM_{2.5}
- Particulate matter (PM_{2.5} and higher)
- Nitrogen dioxide (NO₂)
- Carbon monoxide (CO)
- Formaldehyde





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The Smog in Your Kitchen Comparing Gas and Electric Cooking Emissions to 22 Air Testing Sites in the United States Cooking just one dish on a gas stove creates more NO, pollution in your kitchen than is legal for outside air in the U.S. The ERA's legal finite for NO₂ in One Disk Gos outside dir is 100 ppb Over Cleaning Electric at 22 59m (30-60 ppb) **COUPONT** Copyright Steve Easley 2021

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Combustion- Related Air Pollution

Mounting evidence linking combustion-related air pollution with adverse brain development.

A study published in 2009 found evidence that infant through preschool-age early-life exposure (through age four) to indoor air pollution from gas appliances may be related to impaired cognitive function and may increase the risk of developing attentiondeficit/hyperactivity disorder (ADHD) symptoms

Payne-Sturges, D.C. et al., American Journal of Public Health, 2019;

Morales, E. et al., American Journal of Epidemiology, 2009



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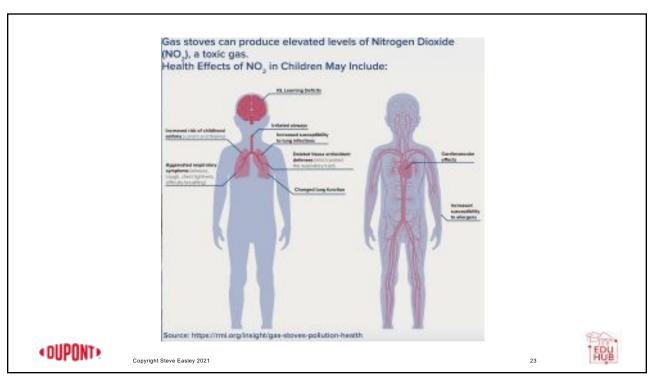
US Outdoor NO₂ Standard = 100 ppb for 1 Hour Exposure

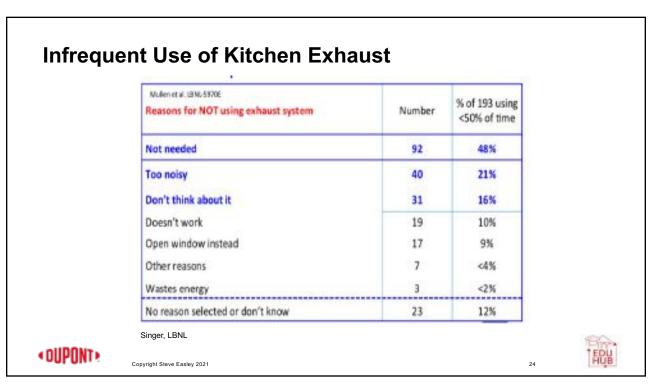
Homes with gas stoves can contain approximately 50 to 400 percent higher concentrations of NO₂ than homes with electric stoves, often resulting in levels of indoor air pollution that would be illegal outdoors, according to a recent report by the Rocky Mountain Institute https://rmi.org/insight/gas-stoves-pollution-health

Measured NO ₂ Emissions from Gas Stoves	Peak (ppb)
Baking cake in oven	230
Roasting meat in oven	296
Frying bacon	104
Boiling water	184
Gas cooktop - no food	82-300
Gas oven - no food	130-546

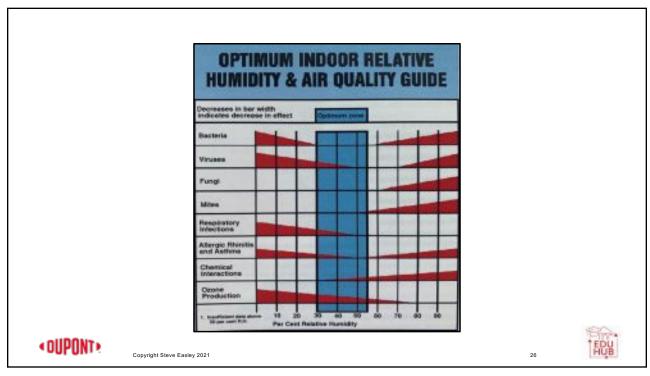


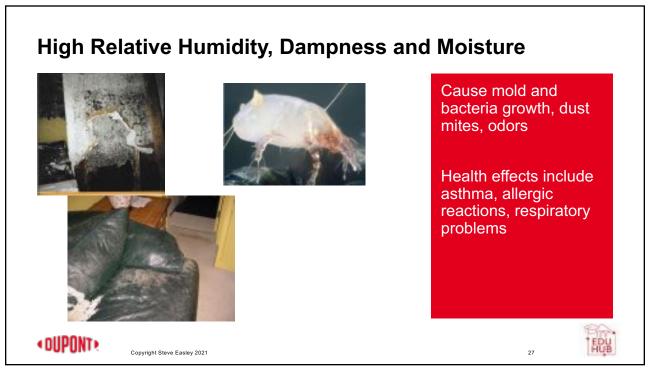
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Volatile Organic Compounds

Product emissions are cumulative in a space

- □ Formaldehyde
- □ Flame retardants
- □ Volatile organic compounds from paint, glues, adhesives, etc.
- Phthalates

Select products that have been tested and certified by third party organizations or conform with recognized standards

UL GreenGuard Gold

UL GreenGuard Formaldehyde Free

Intertek VOC IAQ Certification

Green Seal

CRI Green Label & Green Label Plus

California CDPH

Berkeley Analytical ClearChem

ANSI/BIFMA e3



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Improving Indoor Air Quality



Source Control

- Remove source
 - o Replace gas with electric
- · Isolate source
- · Minimize source
 - o Tight building envelope
 - $\circ \ \ \text{Low emitting products}$



Ventilation

- Deliver clean air to dilute and remove contaminants emitted by indoor sources
- · Local exhaust ventilation



Air Cleaning

 Remove contaminants from outdoor air and recirculated indoor air using filtration





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Air Filtration, Filter Ratings

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Air Cleaning by Filtration and Adsorption

Removing Particles and/or Gases

- Used When Source Control and Dilution Ventilation Are Insufficient or Impractical
- Selection Is Based on Pollutant of Concern, Efficiency Criteria, Size of System and Cost

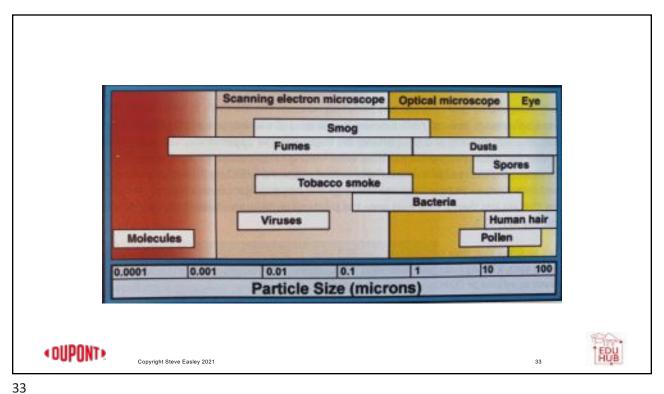


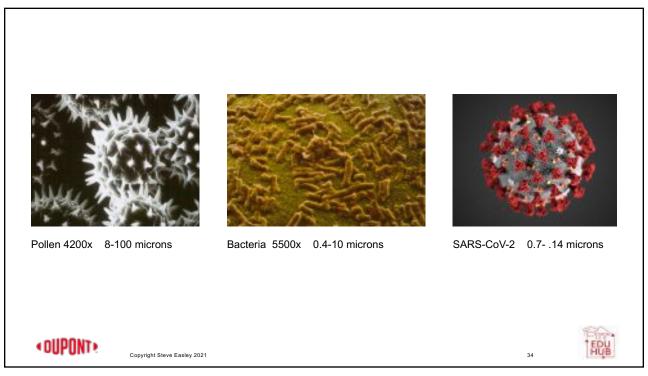
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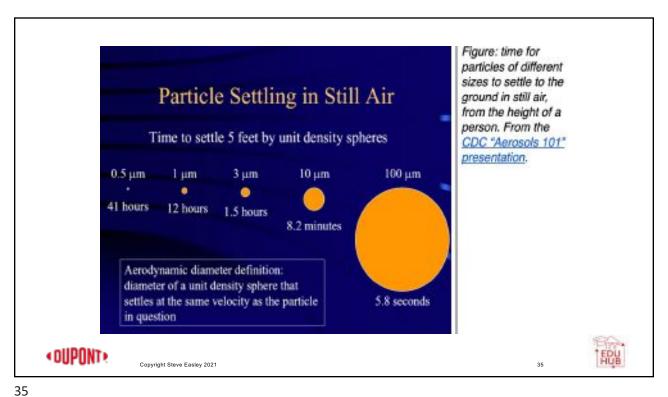


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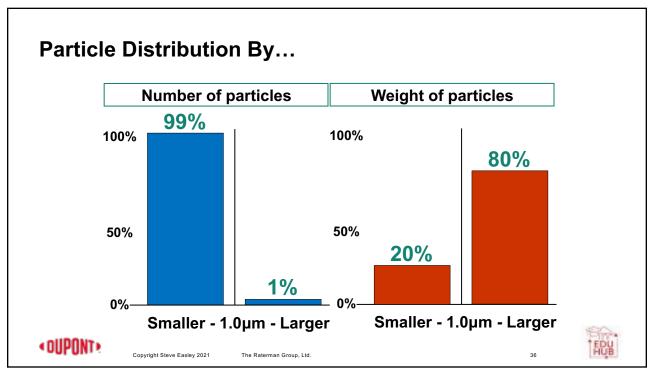
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MERV Minimum Efficiency Reporting Values

ASHRAE Standard 52.2

• Particles in the range of 0.3 to 10 microns are dispersed into the air stream. A particle counter is used to count particles upstream and downstream



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MERV Parameters

Standard \$2.2	Composite Average Particle Size Efficiency % in Size Range, pm				
Minimum Efficiency Reporting Value (MERV)	Range 1 (0.3-1.0)	Range 2 (1.0-3.0)	Range 3 (3.0-10.0)	Average Arrestance, %	
1	n/a	n/a	E3< 20	A ₃₉₀ < 65	
2	n/a	n/a	E3< 20	65 ± A _{3/40} < 70	
3	n/a	n/a	Eg< 20	70 £ A _{weg} < 75	
4	n/a	n/a	E3 < 20	75 ≤ A _{2VQ}	
5	n/a	n/a	20 s E ₃ < 35	n/a	
6	n/a	n/a	35 × E ₃ < 50	n/a	
7	n/a	n/a	50 ≤ E ₃ < 70	n/a	
8	0/0	20 ≤ E ₂	70 ≤ E ₃	0/9	
9	n/s	35 ≤ €2	75 ≤ €3	n/a	
10	n/a	50 s E ₂ < 65	80 s E ₃	n/a	
11	20 ≤ E1	65 ± E ₂ < 80	85 ≤ E ₃	n/a	
12	35 ≤ E1	80 ≤ E ₂	90 ≤ E ₃	n/a	
13	50≤E ₁	85 ≤ E ₂	90 ≤ €3	n/a	
14	75 5 E ₁ < 85	90≤E ₂	95 ≤ £3	n/a	
15	85 × E ₁ < 95	90 ≤ E ₂	95 ≤ E ₃	n/a	
16	95 ≤ E ₁	95≤E ₂	95 ≤ E ₃	n/a	

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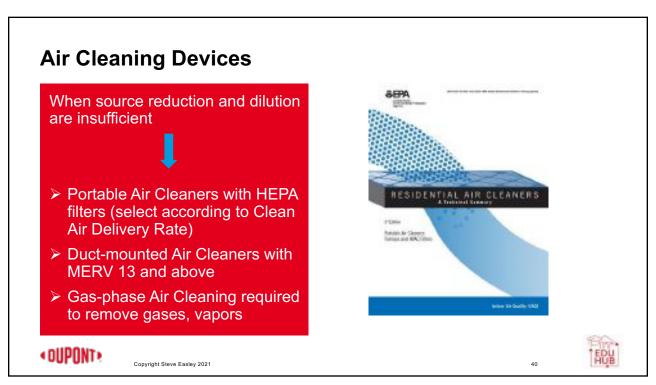
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Residential Filtering for Airborne Virus Particles Viral Filtration Efficiency FIGURE 4 Comparison of viral filtration efficiency versus *E1*, *E*2 MERV 5: and E3. (Tested at 295 fpm.) 12 - 40% (median 36%) at 0.17 in. W.G. 90 80 70 **MERV 13:** c i 60 50 40 30 20 79 - 98% (median 91%) at 0.18 in.W.G. е n i **MERV 14:** С 95 - 99% (median 96%) at 0.24 in. W.G. B (MERV 12) Filter Type Viral Filtration Efficiency E1 – Initial E3 - Initial E2 - Initial **COUPONT**

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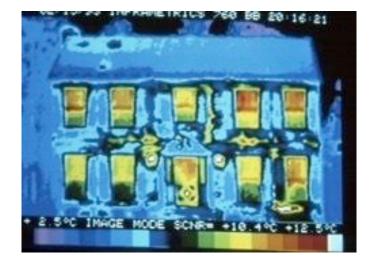


HVAC & Home Performance Fundamentals

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Air Filtration Account for 30-40% of HTG & Cooling Costs

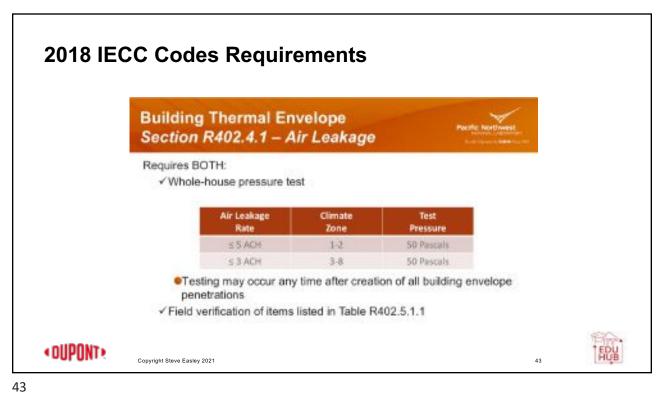


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CFM 50 x 60 ACH50 =

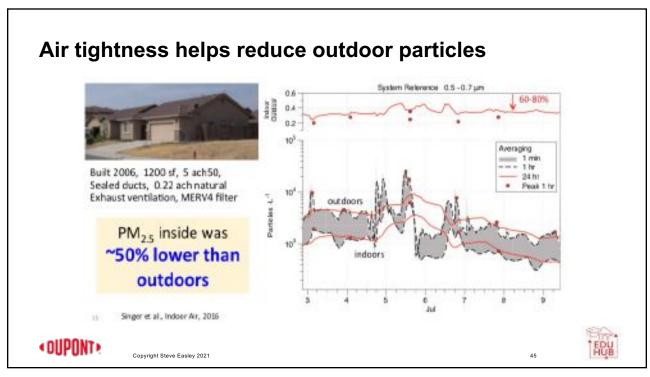
Building Volume (cubic feet)

0 - 1.0 ACH	Very tight
1.5 - 3 ACH	Tight
3 - 5 ACH	Moderately tight
5 - 7 ACH	Loose
7 - 10 ACH	Very loose
10 + ACH	Extremely loose



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Controlling Air Movement & Enhancing IAQ

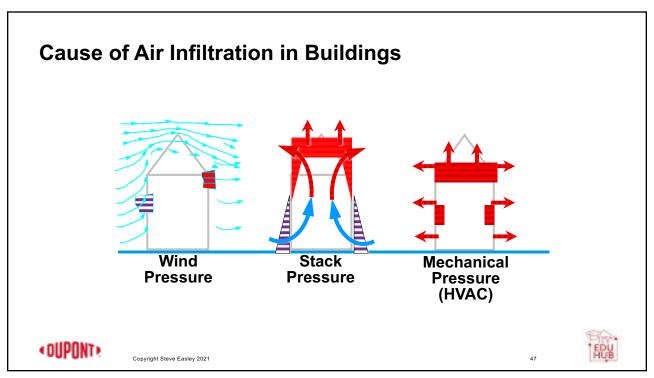
- Controlling air flow reduces structural failures... air contains moisture
- · Air leaks are pathways to transport pollutants
- · IAQ problems are usually caused by:
 - · Pollutant source
 - · A pressure difference
 - A pathway
 - · Lack of ventilation/dilution

AIRWAYS ARE PATHWAYS FOR POLLUTANTS



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Air Leakage

- Airflow is measured in cubic feet per minute, also written as ft³/min, or CFM.
- 1 CFM **Out** = 1 CFM **In**
- Airflow takes the path of least resistance.
- Air moves from high- to low-pressure areas.
- Air usually moves from high- to low-temperature areas.

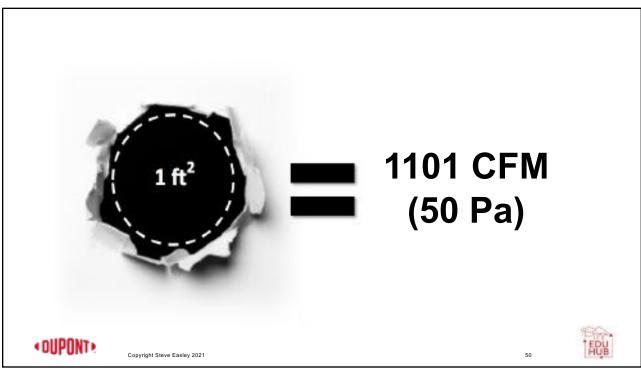


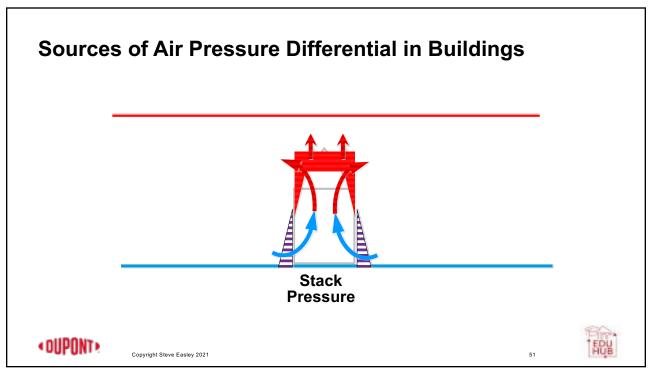
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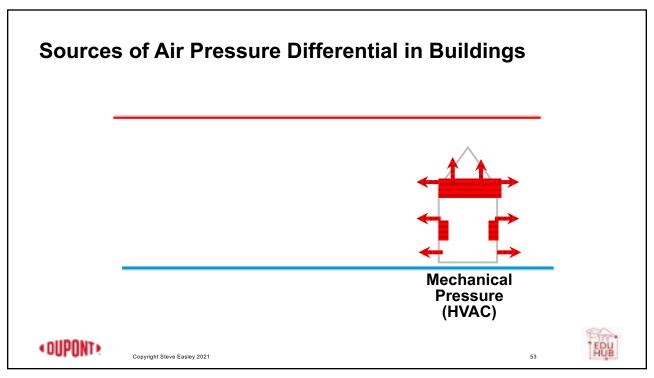


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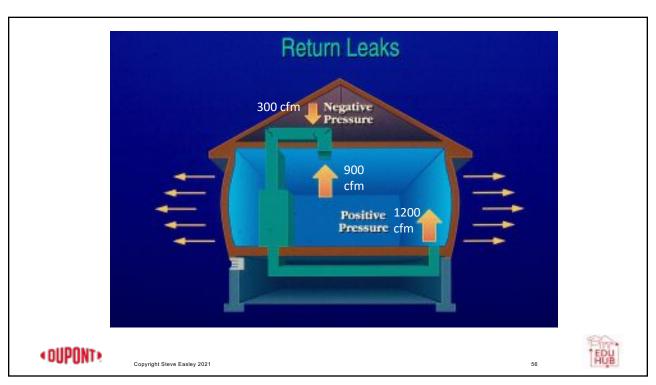


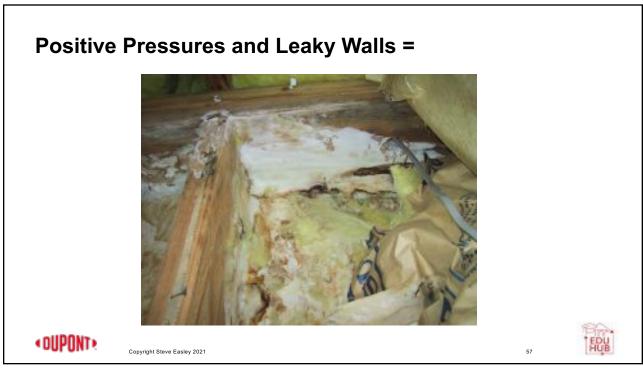


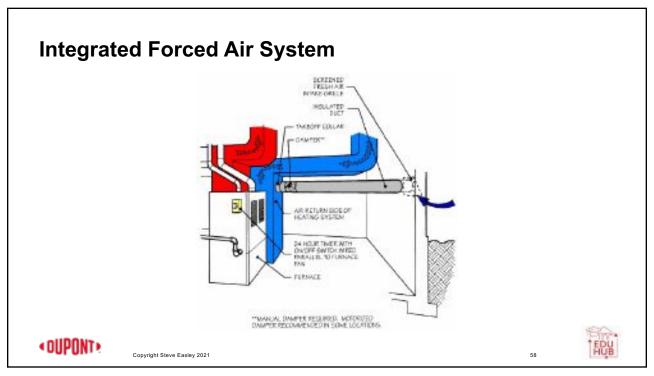


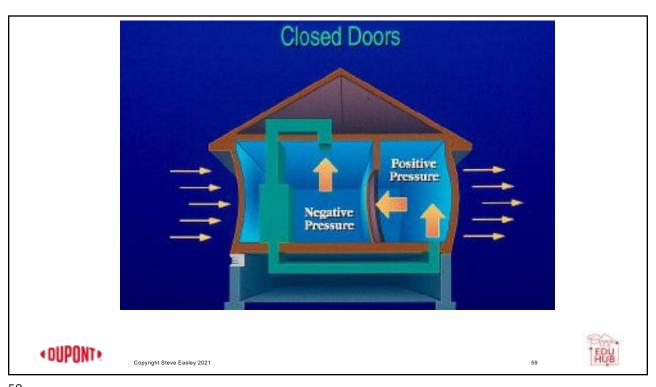




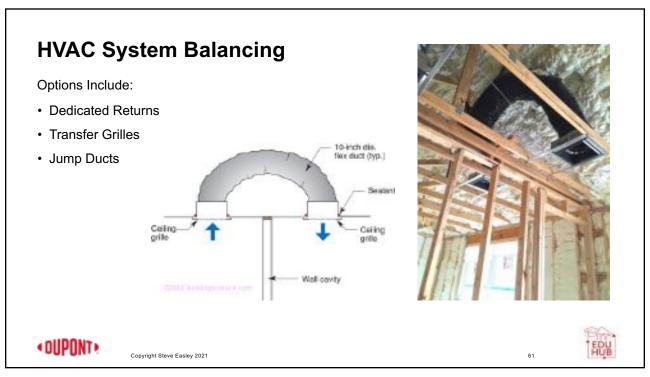






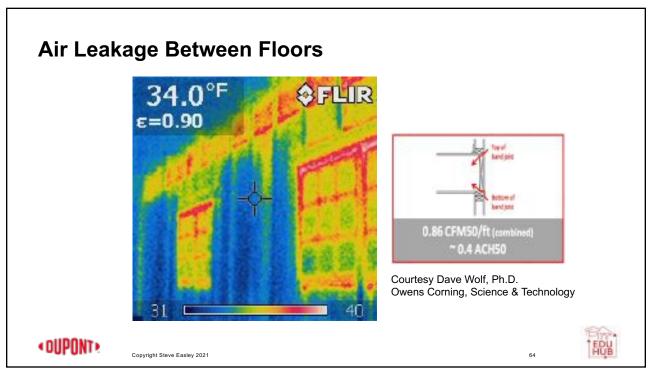


Return-Air Pathways Minimum Door Cut Height for Return Air Door Width (Inches) Cfm Under 30 42 54 24 36 28 60 Door Clearance to Floor or Top of Carpet (inches) 0.9 2.0 1.3 1.1 100 1.6 1.0 8.0 3.2 2.0 200 4.0 2.7 2.3 1.8 1.6 300 6.0 4.8 4.0 3.4 3.0 2.7 2.4 400 5.3 8.0 6.4 4.6 4.0 3.6 3.2 **COUPONT** Copyright Steve Easley 2021

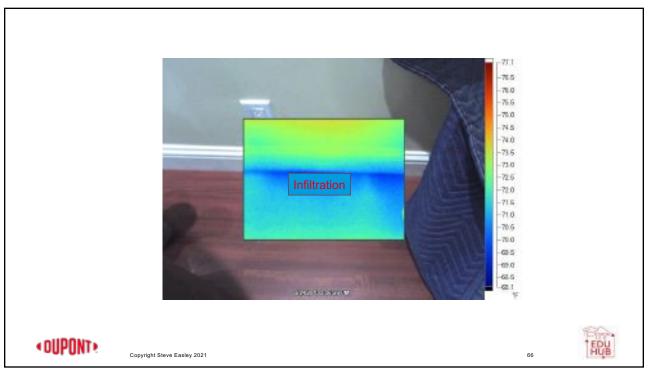


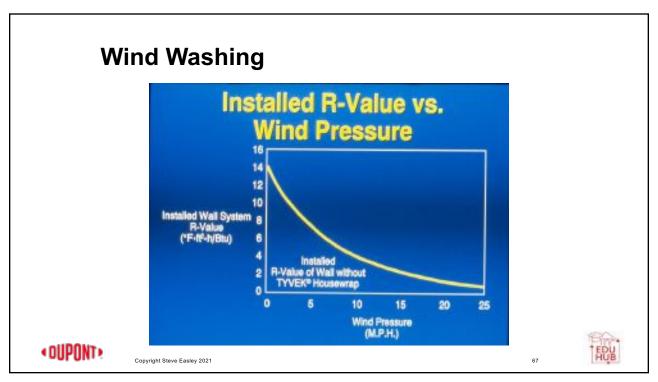


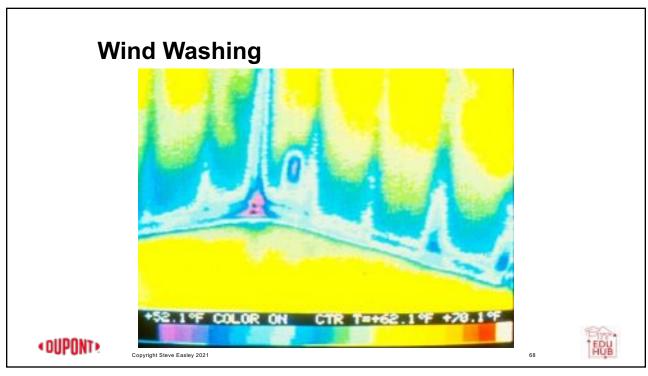


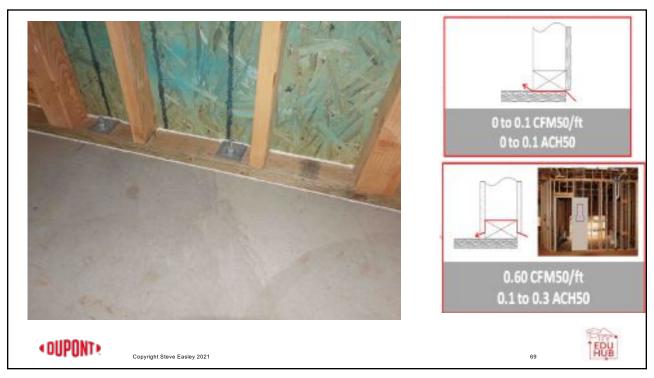






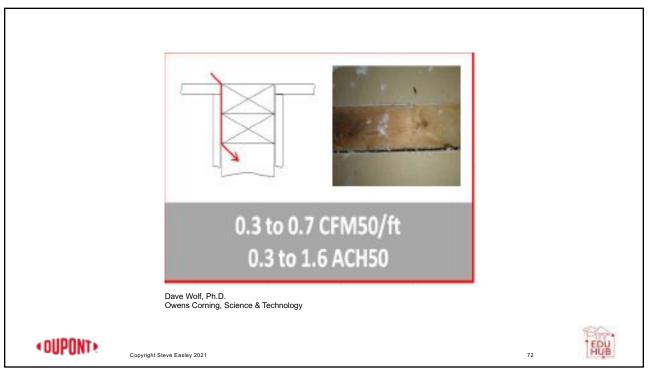


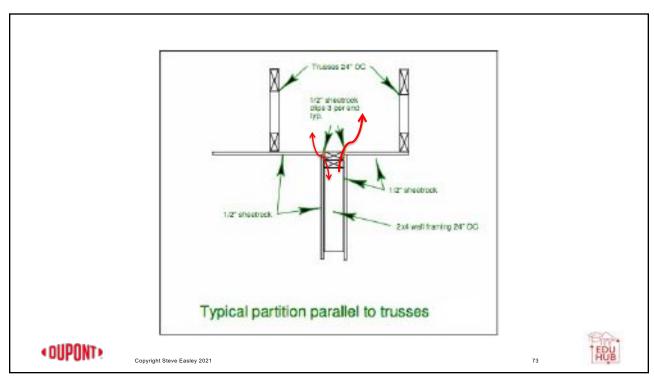








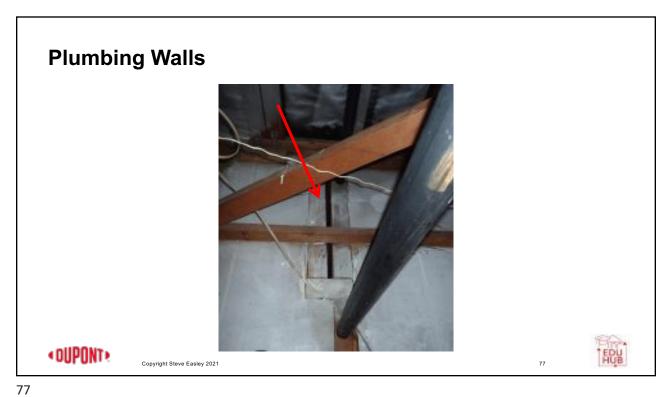








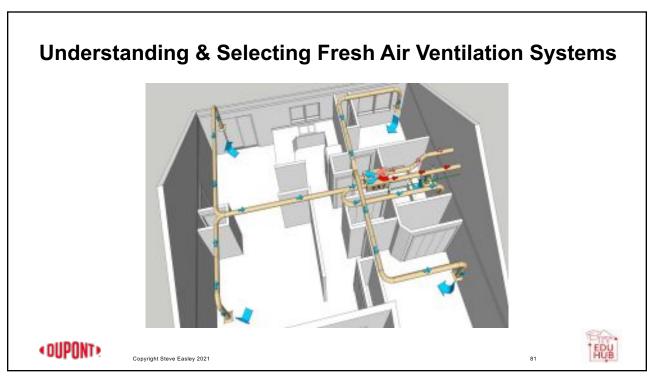


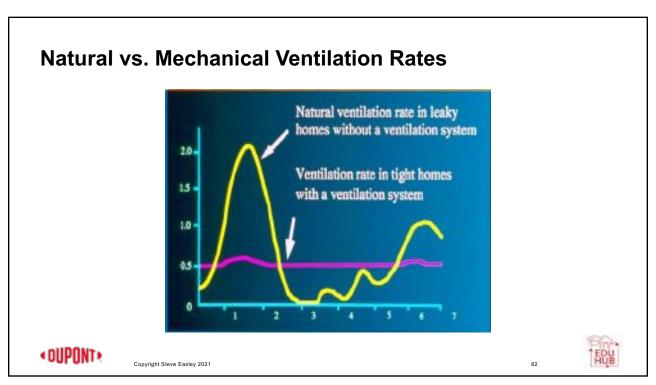












HVAC Misconceptions

Residential systems bring in outside air

Leaky older homes have better IAQ and fewer moisture problems

People regularly use windows for ventilation

Reality

Residential Forced air systems ONLY Heat, cool and recirculate air



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Windows are Wonderful, But...

Their use is limited by:

- · Use of heating, AC system
- · Outdoor Humidity
- · Outdoor Noise
- · Security
- Privacy
- Outdoor air pollution auto exhaust, second-hand smoke, etc.

More reasons to keep windows closed means mechanical ventilation systems are necessary.





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Code Required Types Ventilation Systems

Attic ventilation

Crawlspace ventilation

Spot ventilation, Baths and kitchens

Whole House Ventilation (few states)



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Spot Ventilation, Kitchens & Baths

TABLE M1507.4 MINIMUM REQUIRED LOCAL EXHAUST RATES FOR ONE- AND TWO-FAMILY DWELLINGS

AREA TO BE EXHAUSTED	100 cfm intermittent or 25 cfm continuous		
Kitchens			
Bathrooms—Toilet Rooms	Mechanical exhaust capacity of 50 cfm intermittent or 20 cfm continuous		

For SI: 1 cubic foot per minute = 0.4719 L/s.

3 sones intermittent, Low speed 1 sone for continuous operation



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Range Hoods, 100 CFM Min.

Sizing your range hood, and mounting height considerations



Your kitchen layous and catametry will determine the best location for the hood. Cooking surface area will determine the power of the exhaust fan is effectively clear the air. For example, if the bottom of the range bood is more than the recommended distance above the cooking surface, the more power you'll need. That means either more blower power thigher CRM roting) or greater coverage to larger range bood widths.

Distance from cooking surface

For optimal performance, the distance from the cooking surface to the bottom of the range bacd should follow the mounting height guidance in the hood instructions. Never install a broad range load less than the minimum recommended height above a sooking surface. To maintain head performance at heights greater than the recommended range, use the following guidelines:

- For every 3" increase in installation height, add 100 CRV to the minimum exhaust requirement pedical a minimum of 3" to the hood/liner width little may require going to the next hood width).
- Note, the lower mounting height is a furth minimum-based on safety and relookly sesting while the upper mounting height is a recommendation only. Mounting the hood higher is acceptable but capture will be reduced.



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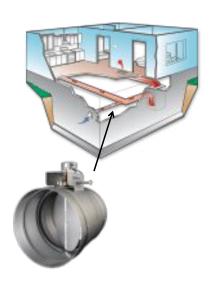
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A Special Consideration

Make-Up Air

The whole-house automatic ventilation system also works with make-up air dampers to allow outside fresh air into the return air system, whenever a fan is running.

This may be desirable in extremely tight homes and for those with naturally vented combustion appliances.





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Whole-House Ventilation

Whole-House Ventilation or continuous refers to providing a consistent level of ventilation throughout the day in order to remove indoor air pollutants of all types.





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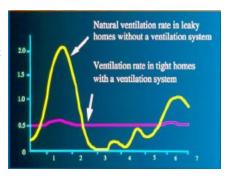
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Why Controlled Fresh Air Ventilation (with Energy Recovery)

- We Breath 3000 Gallons of Air Every Day
- Natural ventilation is uncontrolled therefore accidental ventilation
- Controlled ventilation is a key component to good IAQ
- Often
- · Often required by code
- 2012 IRC Section R303.4 requires whole-house mechanical ventilation in accordance with M1507.3, where the tested air infiltration rate is less than 5 ACH50 in accordance with N1102.4.1.2.





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How Much Ventilation Do we Need?

ASHRAE 62.2 2010-2019

What is ASHRAE 62.2?

American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE)

It is the only nationally recognized indoor air quality standard developed solely for residences.

1st version 2003

62.2 2019 current version



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ASHRAE 62.2

Where is ASHRAE 62.2?

Top Green building Programs

- U.S.G.B.C. LEED® Program for Homes
- NAHB Green Home Building Guidelines
- EPA Indoor Air Plus
- California Building Codes

Proposed for International Residential Code (IRC)



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ASHRAE 62.2

Building codes written to meet 62.2 require two types of ventilation in every home

- · Intermittent ventilation for every kitchen and bathroom.
 - Bathroom = minimum 50 CFM, 3 Sones or less.
 - Kitchen = minimum 100 CFM, 3 Sones or less.
- · Continuously operating mechanical ventilation system
 - High-rise residential More than 3 stories (slightly higher ventilation rate)
 - · Low-rise residential 3 stories or less
 - Ventilation air requirements are based upon size of the home (ft2) and the number of bedrooms.
 - Sound level to be equal to or less than 1 Sone.



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ASHRAE 62.2 Ventilation Standard:

There is no single answer

It Depends on...

- · Number of occupants
- · Lifestyle, behavior
- Pollutant loads
- Occupant sensitivity

It Varies by version year

- · From person to person
- · From house to house
- · In the same house over time
- 0.35 Air Changes per hour
- or 15 cfm/person
- · whichever is higher (usually 0.35 AC/h)

Lowest minimum residential ventilation rate in the world

 Home Ventilating Institute (<u>www.HVI.org</u>) recommends at least 0.5 AC/h



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2010 vs 2016

Increases single family residential ventilation rates by an average of 51 percent for the 2,100 square foot prototype and 41 percent for the 2,700 square foot prototype



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62.2 Example Ventilation Formula Method (varies by version)

The formula is:

$$Q_{tot} = 0.03 A_{floor} + 7.5 x (N_{br} + 1)$$

Where:

Q_{tot} = Total required ventilation rate in cubic feet per minute (CFM)

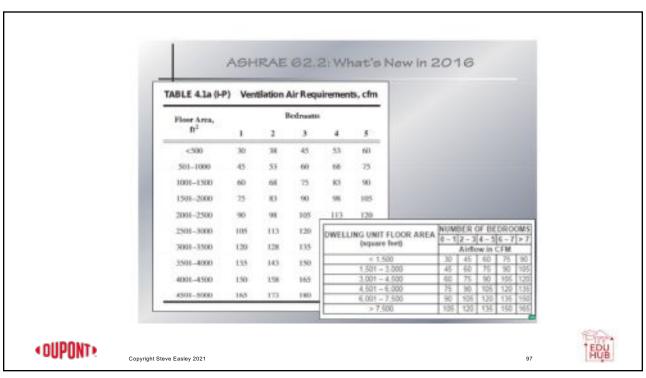
A_{floor} = Floor area in square feet

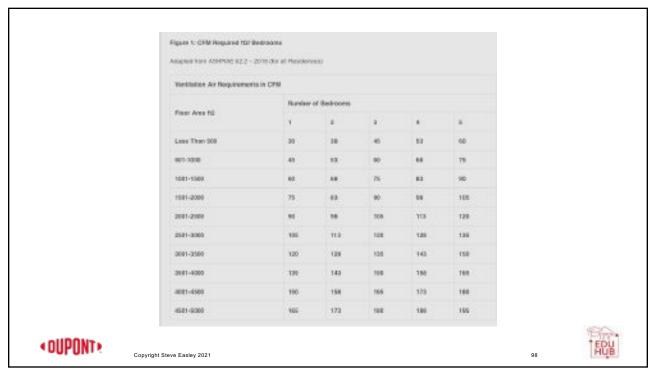
 N_{br} = Number of bedrooms. Not to be less than one; used to estimate the number of occupants for design purposes.



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Ventilation Energy Penalty

2,700 SF home with 9' ceilings requires 120 cfm ventilation

120 CFM X 60 min/hr. =7200 CFM/hr.

2,700 SF x 9'= **24,300** volume

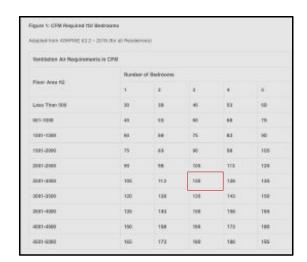
7,200CFM / 23,400 = .30 ACH (Air changes per hour)

You have to re-heat of re-cool the air every 3 hours

ERV's can recovery 75%!



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TABLE M1507.3.3(2) INTERMITTENT WHOLE-HOUSE MECHANICAL VENTILATION RATE FACTORS & B

RUN-TIME PERCENTAGE IN EACH 4-HOUR SEGMENT	37.000	33%	50%	66%	75%	100%
Factor ^a	4	3	2	1.5	1.3	1.0

- For ventilation system run time values between those given, the factors are permitted to be determined by interpolation.
- b. Extrapolation beyond the table is prohibited.



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62.2-2016 Requires Labels

Provide to owner or occupant of dwelling unit:

Information on ventilation systems installed;

Instructions on proper operation; and instructions on proper maintenance.

Controls shall be labeled as to their function.



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Types of Ventilation Systems Selecting the best system

Three Basic Types of Ventilation Systems



Exhaust: Depressurizes the house.

- Not for use in homes with depressurization hazards: attached garage, radon, unsealed combustion appliances
- · Source of air can't be controlled, air can't be filtered.



Supply: Pressurizes the house.

- Source of air is controlled, air can be filtered.
- Outdoor air is ducted to bedrooms and living areas.



Balanced

- Two fans exhaust & supply same volume at same time.
- · Outdoor air is filtered & ducted to bedrooms and living areas.
- · Cost to install & operate 2 fans can be offset by energy recovery.

Source of graphics: AirKingLimited.com, EnergyFederation.org, LifeBreath.com



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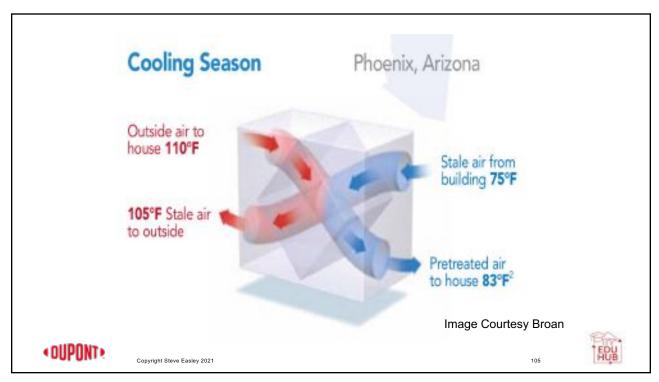
Fresh Air Ventilation

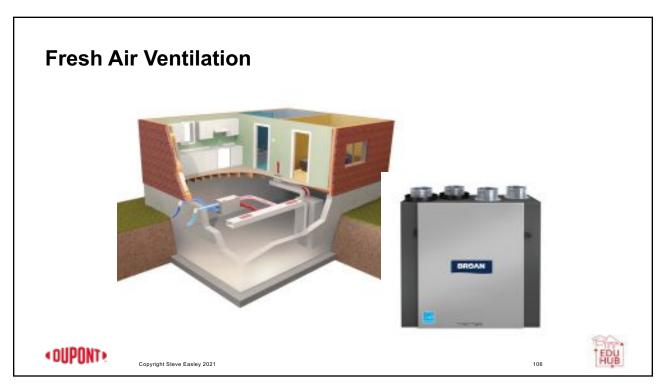


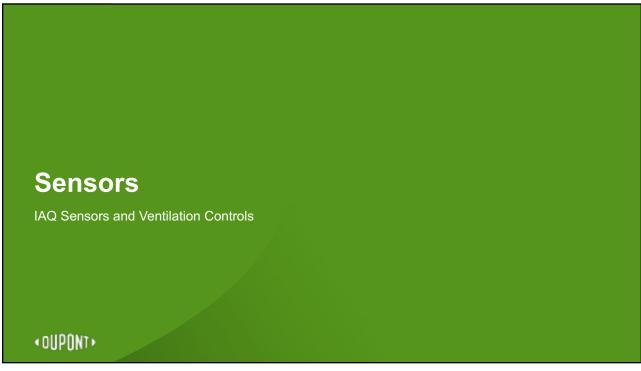


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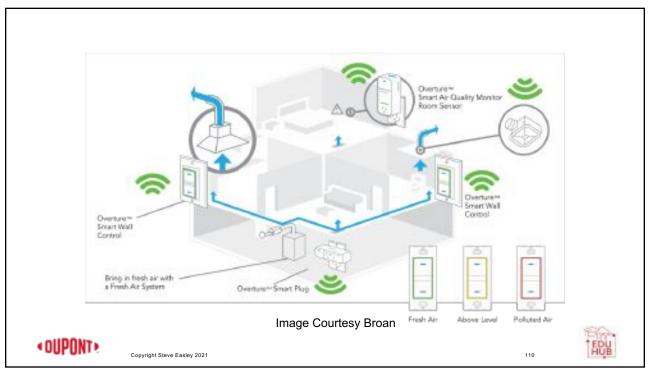


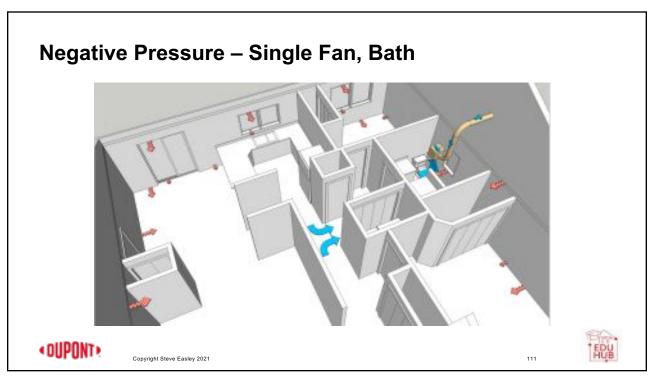


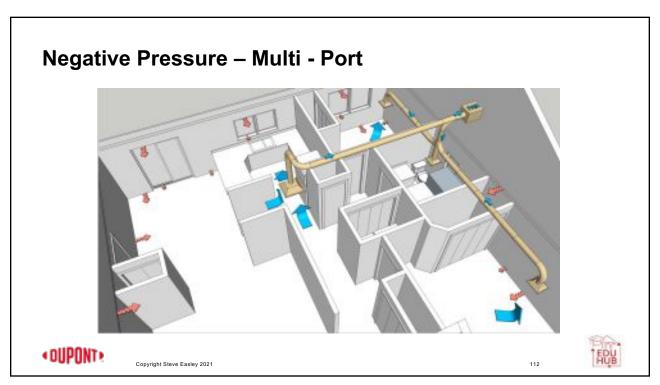














Backdrafting – fireplaces, water heaters, heating equipment, etc.

Outdoor contaminants enter unfiltered

Drafts

Radon intrusion

Building shell moisture problems

Increased energy bills





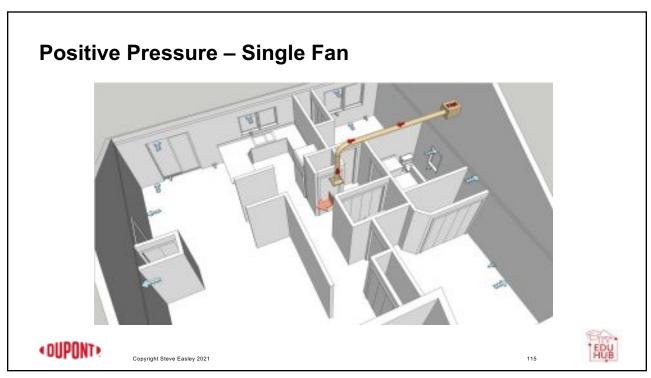
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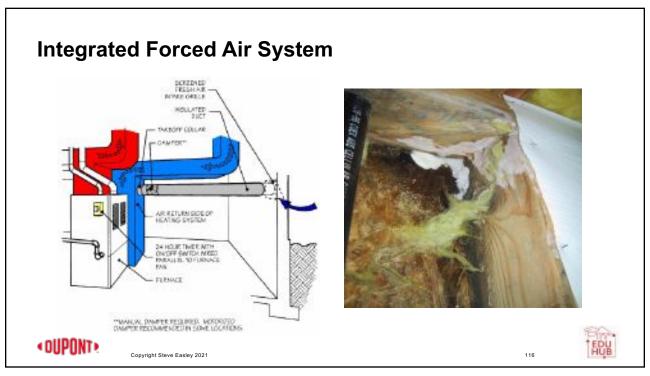
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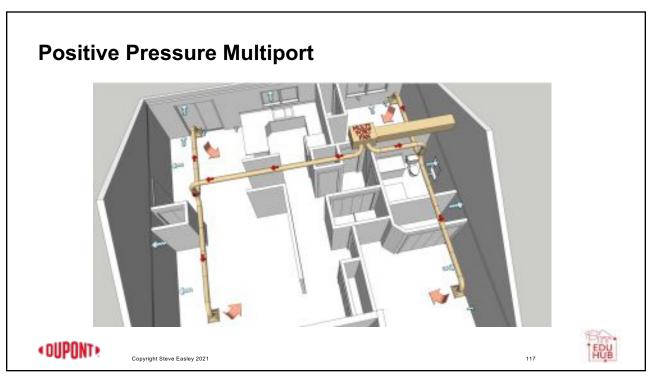
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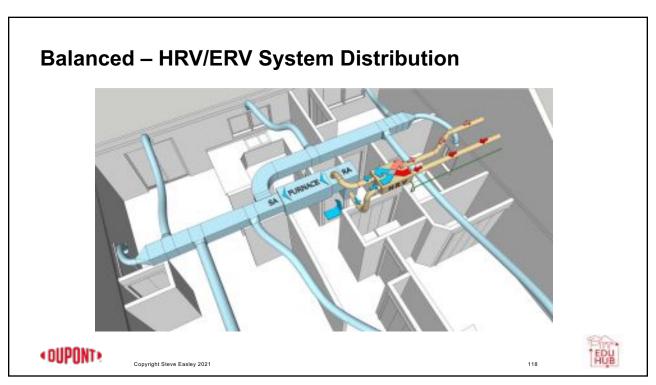
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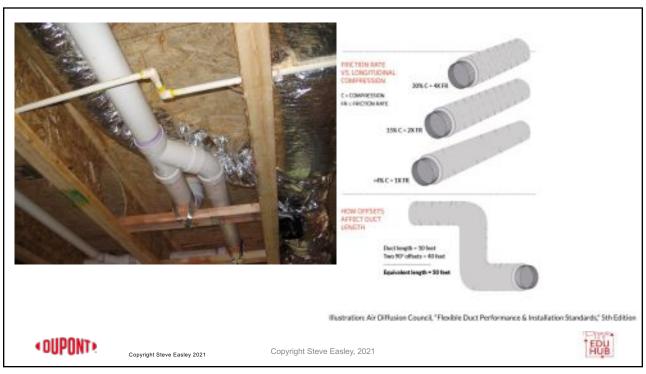
Positive Pressure System Distributed Figure 1.12 Copyright Steve Easley 2021



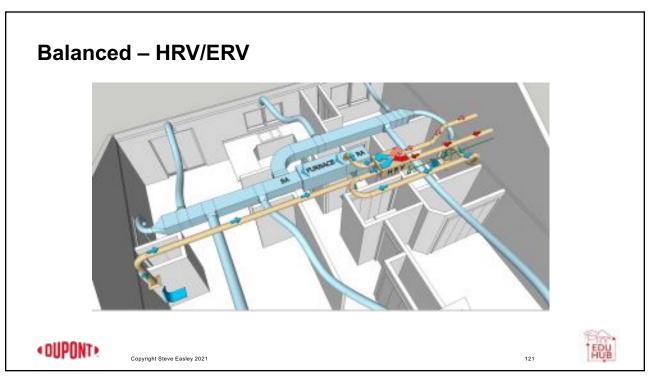


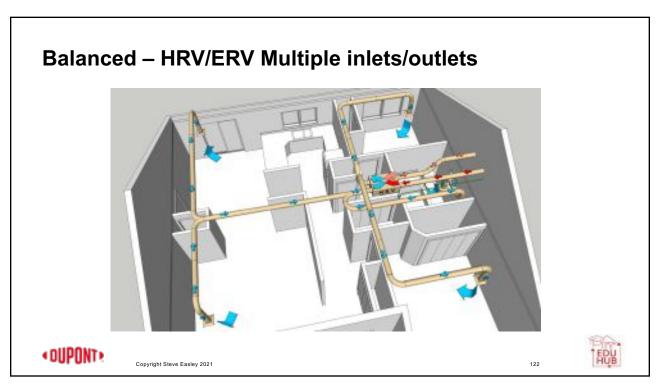


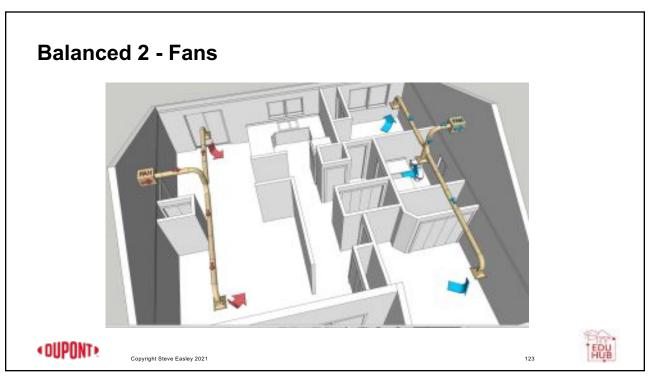


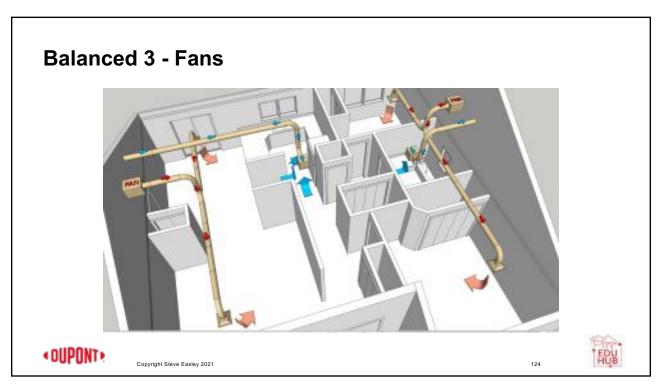












Why not use the forced-air system for ventilation?

Heating & AC are intermittent and seasonal, but ventilation is needed continuously, year-round.

Air handlers are noisy and expensive to operate, so they operate only intermittently for ventilation.

Intermittent operation:

- · Could create positive or negative pressures.
- Is MUCH less effective at controlling indoor pollutants.

Forced-air systems are 10X bigger than needed for ventilation. Such large fan, ducts can't effectively deliver ventilation air.

FA systems are adapted, but not designed for ventilation.



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High Performance Walls: Master Class

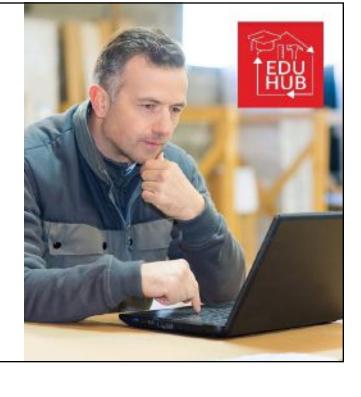
✓ Focus on Opportunities and Challenges of High-Performance Wall Assemblies, Thermal Effectiveness, and the Rising Cost of Wood Products

Thursday, August 5 2:00-3:30 pm ET Topic Coming Soon!

Thursday, September 23 2:00-3:30 pm ET

Journey of Residential Flashing: Master Class

✓ Deep Dive on Flashing: Products, Methods, Testing and Applications



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