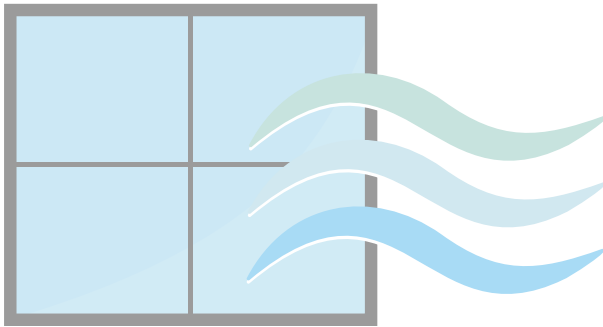


# Fresh Air for a Healthy Home

A guide to ventilation

#FreshAirFeeling

## Feeling Fresh



# Fresh Air for a Healthy Home!

Good ventilation throughout a property helps to create a happy, healthy home to live in.

Ventilating homes has never been more important.

In the past, housing stock in the UK often featured badly-fitting, single-glazed windows and doors, open fireplaces, or badly fitted loft-hatches with very little loft insulation, so there were plenty of opportunities for fresh air to enter the home.

As we have improved the efficiency of homes, our homes have become more airtight, making it much harder for fresh air to enter and ventilate our homes.

We need fresh air to prevent overheating in summer months, to remove smelly cooking odours, and make sure that excess moisture from showering, washing-up and hanging out laundry can escape. Good air quality means healthier breathing at home.

## Benefits of well-ventilated homes:

- ✓ Helps to prevent overheating
- ✓ Removes odours and pollutants from the air
- ✓ Can help combat indoor condensation
- ✓ Helps to control moisture and humidity in the air
- ✓ Prevents the air in your home becoming stale

## Purge and Background Ventilation

There are two ways to get fresh air into our homes, purge ventilation (by opening doors and windows) and background ventilation which is a method allowing fresh air into the property at a low level continuously.

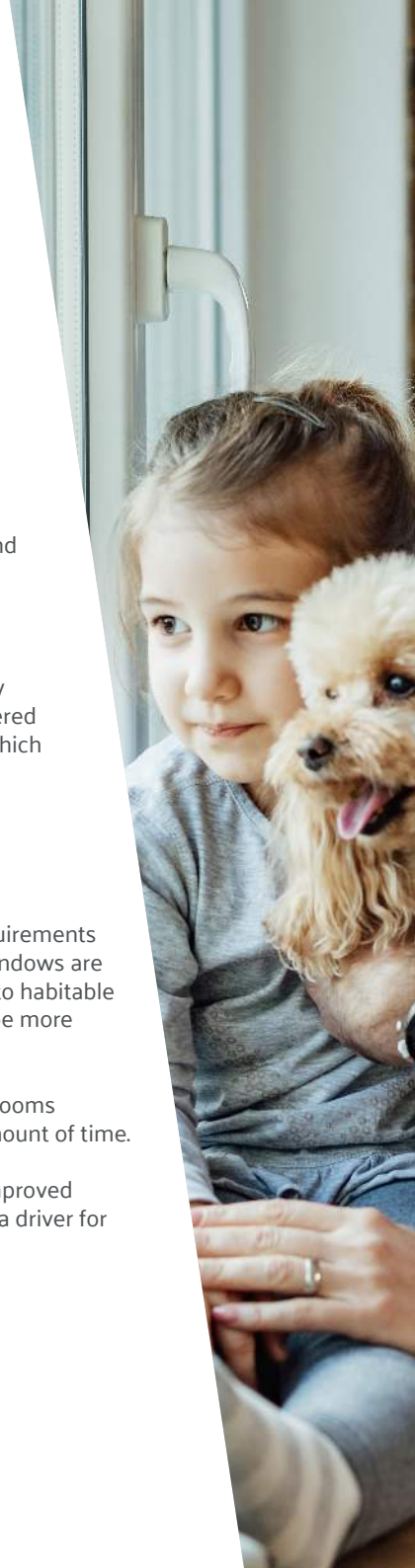
Background ventilation can be achieved by using trickle ventilators in windows, passive wall vents (no power supply required) or PIV (Positive Input Ventilation) which is a powered system or MHRV (Mechanical Heat Recovery Ventilation) which are whole house systems.

## Building Regulations

The Government has created new Building Regulation requirements for England from 15th June 2022. Whenever a property's windows are replaced, then background ventilation should be provided to habitable rooms, kitchens, bathrooms etc as the new windows may be more airtight than those being replaced.

Habitable rooms are those classed as living rooms, dining rooms bedrooms etc., generally rooms where people spend an amount of time.

The drive to make buildings more energy efficient using improved insulation in walls, floors, roofs and doors/windows, is also a driver for more airtight buildings.



## Background Ventilation Methods

### Window Trickle Ventilators

Window trickle vents are generally the cheapest method of complying with background ventilation requirements.

To install trickle vents, holes are drilled through the frame, then an external and internal cover is mounted over the holes. The internal side has a plastic flap to manually open or close the trickle vent.

### Passive Wall Ventilation

Passive wall ventilation is a method of allowing fresh air into a room via a small hole in the wall. It usually involves core drilling a hole in the wall around the same size as a modern gas boiler flue hole. They do not need a power supply, so can be located anywhere in the room, generally at high level.

Passive wall vents are generally superior to using window trickle vents.

### Positive Input Ventilation

Positive input ventilation works in the same way as an extractor fan you would find in kitchens and bathrooms, but in reverse. They can be wall mounted or mounted in a loft and provides filtered air input.

### Mechanical Heat Recovery Ventilation

A whole house system moves warm stale air and fresh air through a heat exchanger. The fresh air is warmed prior to entry into the property. Each room has ducts to extract stale air and input the fresh air. The units contain fans to direct the flow of air and filters to help clean the air also.