



BEST™ for your HOME

Benefits of Energy Saving Technology

Ventilation for Health

A house needs to breathe. Like the human body it has a protective skin, circulatory systems, plumbing, consumes fuel, and has methods for regulating temperature. Ventilation doesn't receive as much attention as heating and air conditioning, yet the V in HVAC is important to your health and budget. A poorly vented house retains excessive moisture and heat, diminishes air quality, wastes energy, and can cause costly damage.

A building envelope divides interior space from the outdoors. Uncontrolled ventilation refers to air that leaks in and out of the house through numerous pathways. Building scientists view uncontrolled ventilation negatively as it allows conditioned air that you've paid to heat or cool to exfiltrate while unconditioned air infiltrates. This constant leakage makes a house uncomfortable and very costly to heat and cool.

Air sealing reduces the amount of uncontrolled ventilation. This not only maintains a balanced temperature from room to room, it improves air quality by eliminating excess moisture and restricting the entry of pollutants, irritants, fungal spores, mold, and other contaminants hazardous to health. The CDC reports there is sufficient evidence linking indoor mold to upper respiratory illness, and children exposed early may develop asthma.

Achieving a healthier home through proper ventilation and air sealing is easy with the guidance of a Certified Energy Expert. Request a savings calculation showing how the improvement will lower your utility bills and increase the value of your home. Inquire about tax credits, too.

