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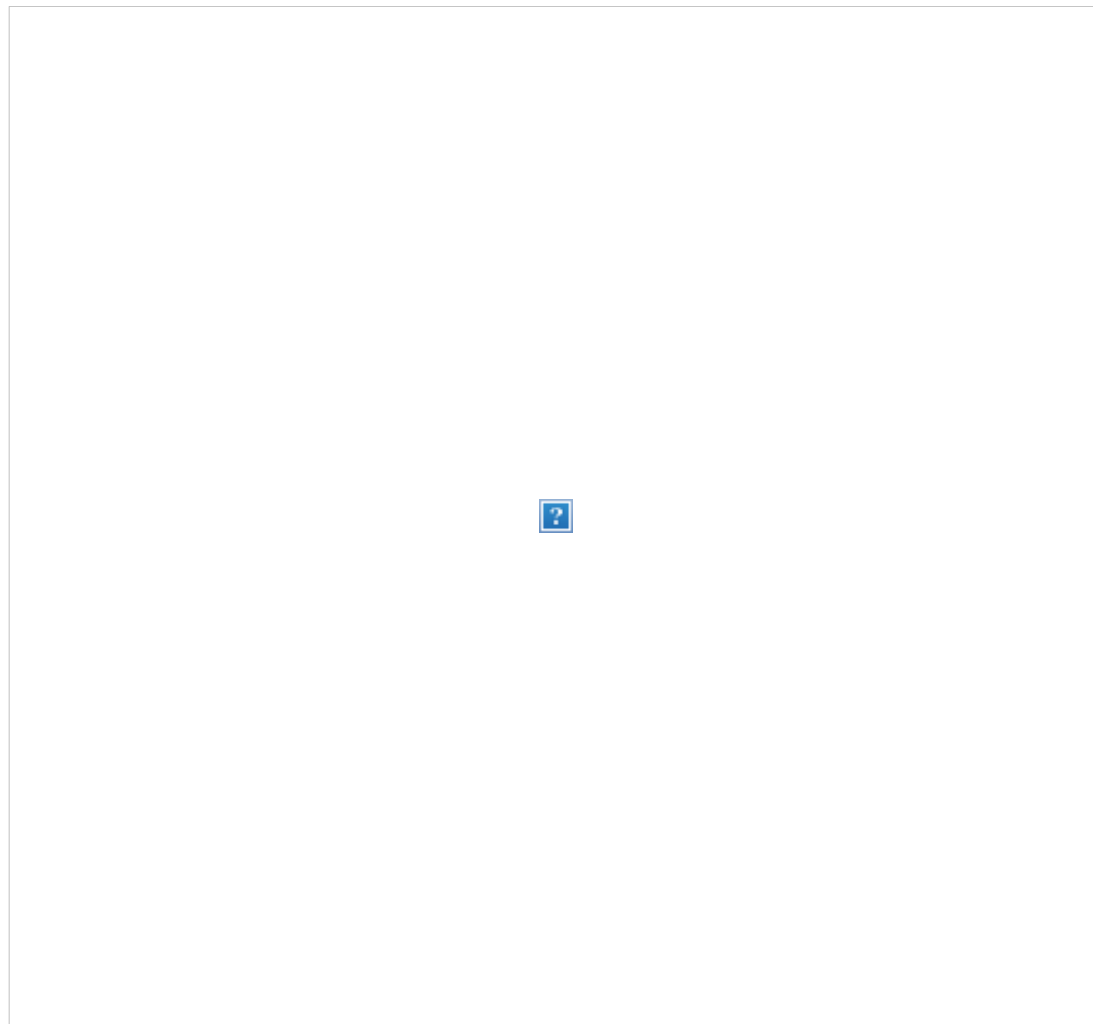
Caution: Avoid This Green House Plan Ventilation Danger

Posted on 10. Oct, 2011 by [Maryruth Belsey Priebe](#) in [Articles](#)

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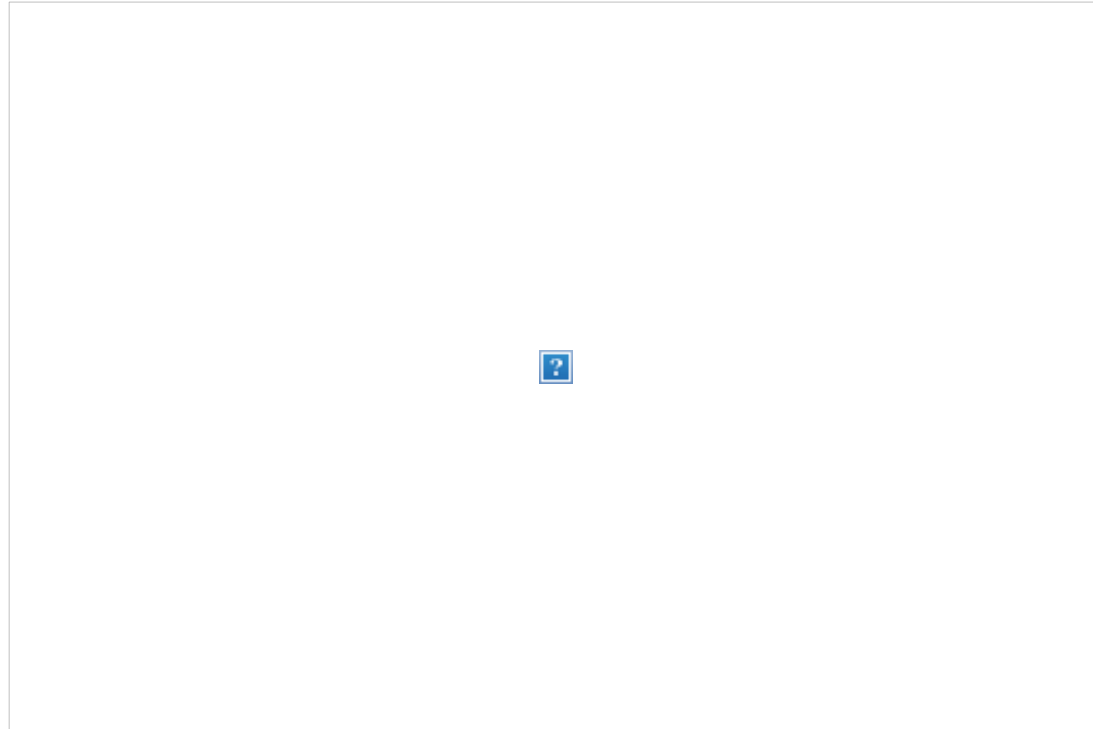


If you're enthusiastic about implementing some [green house plans](#) for your own family and sealing up your home is high on the list of things to accomplish, be sure you address the issue of ventilation, too. Many well-meaning green house owners go about improving the efficiency of their homes by sealing up cracks and gaps in the walls, around windows and doors, in roofing and insulation, and so on. And while all of this is extremely important if you want to decrease your heating and cooling costs, it can pose some dangers if you don't also address the issue of ventilation.

Homes that are ultra tight but lack ventilation can experience increased humidity, which can cause mold and rot. Additionally, without an influx of fresh air throughout the day, toxins like volatile organic compounds (VOCs) and radon can build up in a home's indoor air, contributing to health problems like headaches, dizziness,

asthma, and more. There is such a thing as a house that's too tight!

Old homes were really great at ventilating themselves (because of gaps and cracks throughout) and would go through a total air change three or more times in an hour. But new homes, such as those designed to ENERGY STAR standards, will have a total air change once every two hours without ventilation. But health experts recommend a change of air 1.3 times per hour in the bedroom and 6 times in the kitchen and bathrooms. Even more if you have a smoker in the house.



So, what's a green home owner to do? In addition to ensuring that you minimize the use of off-gassing materials, you should definitely introduce a heat recovery ventilation system. These systems are essentially a way to recover heat from exhausted air and transferring the heat to incoming air during the winter (the opposite would be true while running an air conditioner). By recovering about 85% of the heat energy in exhausted air, a green house can meet ventilation recommendations without compromising energy efficiency.

Heat recovery ventilators are mandatory in Canada, though that is not yet the case in the US. If you'd like to explore heat recovery ventilation systems some more,

check out this YouTube video on the subject.

Images via [BuildItGreen](#) and [EuroGreenTech](#).



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