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# Getting Ventilation Right

You have perhaps heard the saying “**Build tight, ventilate right**”. This is critical; the more airtight your building the more important ventilation becomes. It is essential to provide the correct ventilation system to maintain a healthy indoor environment.

Options are available for both mechanical and natural ventilation systems, and your architect or builder should be able to explain the pros and cons of each in relation to your project.

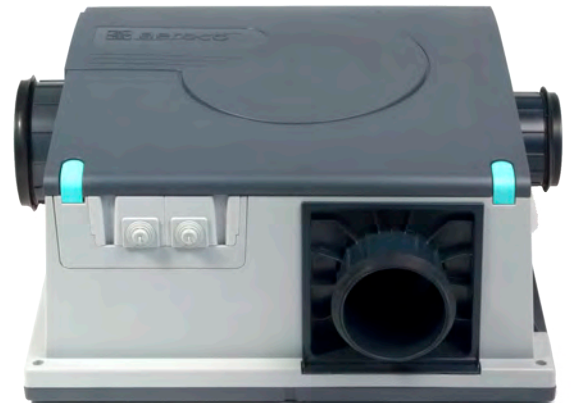
Ventilation is viewed by many as causing draughts and energy loss, but that is not true. Air infiltration from air leakage causes uncomfortable drafts. A correctly designed ventilation system is necessary to have a healthy, comfortable and energy-efficient home, but will not cause draughts.

Unfortunately, ventilation systems are often sealed up after installation by the occupants or left out altogether by the builders. This will eventually cause problems for the building and occupants.

## Why Ventilate?

Ventilation is critical to provide you with a healthy and comfortable internal environment in your home. Ventilation is needed to remove unpleasant smells and odours and unhealthy toxins from paints, furniture, carpets and other products in your home. It is necessary to prevent the buildup of carbon dioxide. It is essential to prevent fatal consequences of buildup of carbon monoxide from combustion products. It removes excess moisture such as steam, especially from wet rooms, which prevents condensation and mould growth.

Ventilation systems should supply fresh air to the working, living and sleeping areas of buildings while removing stale air.



Components of a demand control ventilation system. A mechanical extract fan and wall vents react to humidity levels to increase the flow of fresh air to ensure good indoor air quality.  
*Images courtesy Aereco Ltd*