PRACTICAL TIPS FOR YOUR HOME

The Bathroom:

While it may not look different, much has changed in the bathroom of the Healthy House. Water, in particular, is much better managed. Nearly 75% of all water used in the home is used here. Wasted water is money down the Drain. With new water-saving devices, bathroom water use can be reduced by as much as 50% with little or no change in lifestyle.

Tips:

Water efficient Toilet (6L or less)

- Uses up to 80% less water than a regular toilet.
- Dual flush toilets offer even greater savings.

Shower Head (9.6L/minute)

- Reduces water use by more than 60% with no loss of performance.

Water-based Semi-gloss Paint

- Semi-gloss paint is washable, durable and enhances a room's brightness. Use a low pollutant emission type paint.

Ventilation

- Essential for controlling humidity and exhausting odours to the outside. The bathroom can be linked to an integrated house venting system, or a quiet fan (1 sone or less) may vent air directly to the outside.

The Kitchen:

The kitchen is a centre of activity in most homes-and an area where water and electricity are frequently wasted. CMHC research shows that kitchen appliances can be used more efficiently or more efficient models can be purchased.

Tips:

Faucet Aerator Taps

- A simple and inexpensive aerator tap can reduce water use by more than 60%.

Skylights

- A properly designed skylight or light tube reduces the need for artificial light and saves on lighting costs.

Energy-Efficient Appliances

- Energy-efficient dishwashers, washers and dryers, refrigerators and freezers can cut energy consumption by at least 15%. Some models can reduce energy use by nearly 50%.
- Front-loading clothes washers save clothes-drying energy consumption by removing more water.

The Living Room and Study:

Today, bigger is not necessarily better. In the Healthy House, floor plans make efficient use of space, less building material is needed and less energy is used. Moreover, the emphasis is on open, adaptable, multi-use space that can change with your personal needs.

Tips:

Area and Task Lighting

- Wiring your home so that the lights can be individually controlled lets you illuminate specific areas of a room independently. Lighting the whole room wastes electricity.

Automatic Timers and Dimmer Switches

- Using automatic timers and dimmers saves electricity.

Energy-Efficient Lighting

- Compact fluorescent light bulbs use 75% less energy that the incandescent variety. Halogen bulbs are another environmentally responsible choice. Both types last longer than conventional bulbs. Make sure compact florescent lights (CFL) are disposed of properly as they contain mercury.

The Hidden Room:

How we build our homes has a great effect on occupant health, energy and resource efficiency, the environment, and housing economy. Applying the principles of the Healthy House can lead to important but often simple changes in construction practices and the selection of materials. These are at work for you behind the finished walls and floors of the Healthy House.

Tips:

Sealed Concrete Slab Floor

- A low-emission, water based sealer provides a low-maintenance finish while eliminating concrete dust.

Rigid Board Insulation

- Placed under the concrete slab, this high-performance, waterproof insulation helps raise the temperature of the floor slab and increases comfort. It reduces heat loss by up to 75%.

Polyethylene Plastic Sheeting

- To prevent soil gases from entering the house, place this sheeting between the floor slab and the foam board insulation. It reduces moisture seepage by breaking the soil's natural capillary action.

The Mechanical Room:

Ventilation equipment is as essential to comfort as the furnace, water heater and dehumidifier. You can economize by integrating the functions of all your mechanical equipment. You can also save by using smaller components because higher levels of insulation reduce heating and cooling demands.

Tips:

Air Filtration

- Odours and particles, including molds, dust and pollen, should be removed from indoor air. Pleated paper filters remove fine particles that conventional glass fibre filters cannot.
- Ventilation systems can be designed to accommodate high-efficiency filters to remove dust particles from outdoor air.

Heat Recovery Ventilation System (HRV)

- HRVs help provide healthy indoor air quality. They can recover 70 % of the heat from stale indoor air while providing a continuous supply of tempered fresh air to the home. This reduces ventilation costs.
- This system draws fresh, filtered air into the home while removing stale indoor air moisture and odours. Together, the fresh air system and associated heat recovery ventilation provide a healthier, durable, more comfortable home.