

Design It Healthy, Keep It Healthy

STRATEGIES TO SUPPORT RESILIENT, HEALTHY INTERIORS

NEOCON 2022

Defining Resilience

*“The ability to prepare and plan for, absorb, recover from, and more successfully adapt to adverse events **that safeguards human health and well-being from both internal and external stressors.**”*

The Stars are Aligning for Resilient Buildings



Resilient buildings can bring these movements together.



External Stressors



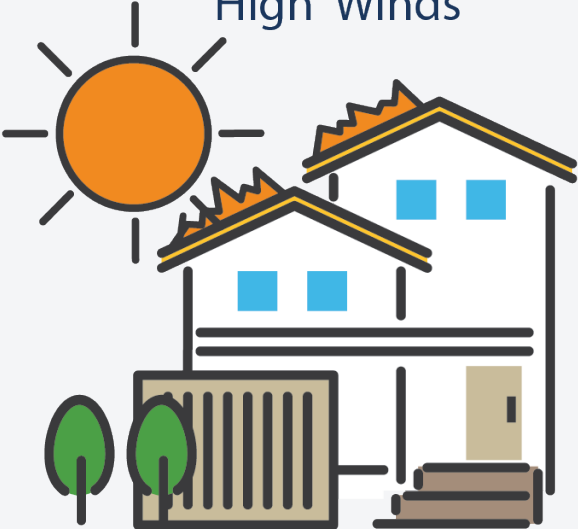
High Winds



Storms



Fire



Extreme Heat



Snow



Flood

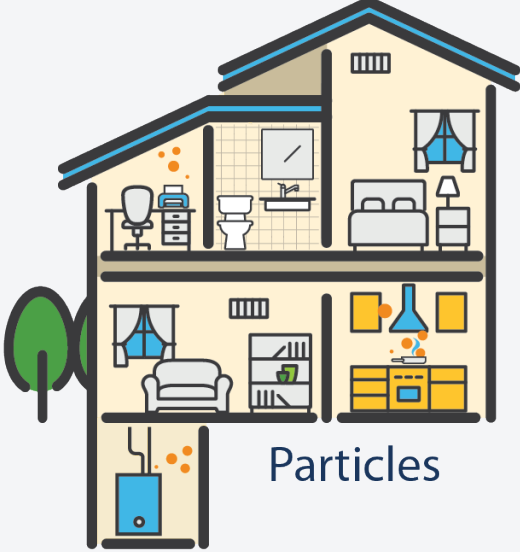
Internal Stressors



Chemicals



Mold



Particles



Temperature



Humidity



Dust & Allergens

Overall Best Practices: Design it Healthy

- Consider real-world conditions (especially extreme conditions) and geographic location
- Employ a holistic approach
- Utilize third-party certifications or test methods that qualify materials
 - Low chemicals
 - Microbial resistance
 - Fire resistance
 - Heat resistance

Caution: Consider how testing environments compare to potential extreme weather conditions!

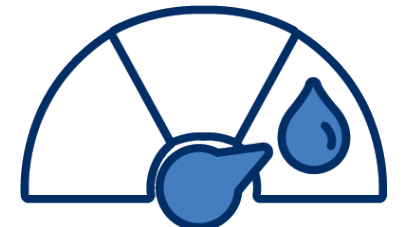


Overall Best Practices: Keep It Healthy

- Use/maintain HVAC system properly
 - Change filters
 - Use vent hoods
 - Optimize humidity levels
- Eliminate moisture sources
- Consider air quality when selecting products to bring into the space
- Maintain the area immediately around the building



MERV 13



40% - 60%



Maintaining
Health Indoor
Air Quality

Specifying
Residential
Upholstered
Furniture to
Safeguard
Human Health

Wildfire DIY
Box Fan
Guidance

3D Printers
and Indoor Air
Quality

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