

Healthy Home Checklist



For customers who wish to augment energy efficiency with intentional choices that target a healthy living environment, the following list highlights actions inspired by the LEED, Indoor airPLUS, Passive House, and Living Building Challenge programs. This is a **self-verification** checklist and does not represent Efficiency Vermont endorsement or requirements.

	Strategy	Purpose
Mechanical systems	<input type="checkbox"/> <p>Enhanced kitchen ventilation Min. 35cfm continuous exhaust from kitchen area*, PLUS either: 1. ENERGY STAR or equivalent (min. 2.8 cfm/W; max 2.0 sones) range hood vented to outside, 100 cfm min; dedicated makeup air required and interlocked with range hood controls. 2. ENERGY STAR or equivalent (min. 2.8 cfm/W; max 2.0 sones) recirculating range hood with grease/charcoal filter</p> <p><i>*Note: Recommend kitchen intake min. 6' from cooktop and MERV 7 or washable mesh filter for trapping grease</i></p>	Proper kitchen ventilation reduces levels of particulates and chemicals that can linger in the kitchen and reach the rest of the home
	<input type="checkbox"/> <p>No combustion equipment in home Includes heating equipment, dryers, and cooking appliances</p>	Omits avoidable sources of carbon monoxide and other combustion pollutants
	<input type="checkbox"/> <p>Clean ductwork Any ductwork (heating, cooling, and/or ventilation) is sealed and protected during construction</p>	Reduces contaminants that can get trapped in these areas and then get introduced to your home later
	<input type="checkbox"/> <p>Pre-occupancy flush-out Clean/replace all HVAC filters after construction and final cleanup, then perform min. 48 hour flush-out with outdoor air while all interior doors are open and HVAC fans on high (optional: additional interior fans during flush, and replace filters after flush)</p>	Flushes contaminants including moisture, particulates, and off-gassing, related to construction and finishes
	<input type="checkbox"/> <p>Fresh air and filtration High efficiency energy recovery ventilation continuously supplies air to living room and each bedroom, with outdoor air filtration to MERV 13 or higher filter level</p>	Continually supplies fresh air to the home, directed to exactly where you want it; filters reduce contaminants
	<input type="checkbox"/> <p>Monitor air quality Inexpensive devices exist that measure carbon dioxide, particulates, volatile organic compounds, and/or humidity</p>	Can help you "fine tune" the home and identify any problems that exist or later arise
Structure and design	<input type="checkbox"/> <p>Continuous insulation on exterior walls Adequate thickness to prevent condensation at sheathing (typ. 40% or more of R-value outboard of sheathing)</p>	Increases thermal comfort (warmer surface), reduces likelihood of moisture damage within walls
	<input type="checkbox"/> <p>No attached garage Breezeway separation is acceptable</p>	Omits source of carbon monoxide and other pollutants from automobiles and stored chemicals
	<input type="checkbox"/> <p>Drain or sump pump installed or roughed-in For basements and crawl spaces; not applicable for slab on grade homes</p>	Lowers risk of mold/moisture problems that can affect durability and air quality
	<input type="checkbox"/> <p>Radon-resistant features installed with rough-in for active fan if needed in future</p>	Lowers risk of exposure to harmful soil gases
	<input type="checkbox"/> <p>No site-mixed or site-manufactured polyurethane insulation materials Limited exceptions, e.g. band joists, sealing penetrations</p>	Omits source of chemical exposure within the home
	<input type="checkbox"/> <p>Minimum universal design features for safety, accessibility, and adaptability</p> <ul style="list-style-type: none"> • At least one no-step entry (and/or design for future ramp) • Kitchen, full bathroom, and bedroom on main floor • 36" doors to entry/listed rooms • Min. 32" clear width halls • Lever-style hardware on doors (no knobs) • Pull-style hardware on cabinetry (no knobs) • Rocker-style electrical switches 	Simple low- or no-cost actions make the home safer for children, elderly, and disabled residents or visitors

(Continued on reverse side)

