



ENERGY SAVERS
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Heating and Air
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Air conditioning • Heating • Indoor Air Quality
State of Florida DBPR CAC1815060

Chuck Santeler
Building Analyst

Office: 850-983-6688 • Fax: 850-981-0907
Cell: 850-206-4476 • Chuck@energysaversofflorida.com

www.energysaversofflorida.com

7 Tips to Make Your Home Cleaner & Healthier

Do you have . . . ?

- Excessive dust?
- Allergy or asthma suffering?
- Concerns about the air quality in your home?

If you do, you are not alone. Over 90% of homes have hidden air control problems. The good news is there's a lot you can do to achieve a cleaner and healthier indoor living environment.

However, since every home is different, not all of the suggestions here will be applicable in your home. *"A Prescription, Without An Examination and Diagnosis, Is Malpractice."* At *Energy Savers of Florida*, we encourage homeowners to accurately diagnose the true causes of problems in their home. For more information on our unique *Home & Duct Performance Test* service, give us a call 850-983-6688.

1. Test for Contaminated Air Infiltration From An Attached Garage, Crawlspace, or Attic : Are you breathing good air or bad air? Window and door Leaks are usually less than 20% of a home's air leaks. Many others bring in contaminated air instead of fresh air. Building scientists have recently discovered that in the Typical home, up to 80% of the incoming air first passes through the attached garage, crawlspace, basement or attic. Air pollutants such as mold spores, carbon monoxide, Automobile exhaust, radon gas, crawlspace moisture, Insulation fibers and volatile organic chemicals can contaminate this incoming air, and negatively affect your family's health and safety. In most homes, duct leakage is the number one source of bad air infiltration. Ask our Comfort Consultant for a Home & Duct Performance Test. The Infiltrometer test step Pinpoints where the bad air leaks are, and provides

guidance on how to fix them. Many can be easily repaired by homeowners as weekend projects. Others such as duct leaks are better left to professionals. Finding and fixing the leaks that let in bad air will make your home healthier, less humid in the summer, less dusty, more comfortable, and even pay for itself through lower heating, cooling and repair bills.

2. Repair Leaky Recessed Can Lights & Attic Access Hatches: Recessed can lights are very popular, However most are very leaky. They typically allow dirt, Dust, insulation fibers and very hot or cold air to be brought into the home. Luckily most of these lights can now be repaired at a reasonable cost. During the Infiltrometer test, ask your contractor to inspect your recessed can lights to see if they are a problem and if they can be repaired. Pull down attic stairs and scuttle hatches are other common attic floor air leaks which can now be easily sealed using specialty products.

3. Identify and Reduce Pressure Imbalances In Your Home: Pressure imbalances can be caused by closing bedroom doors that have no returns in them, large exhaust fans such as attic powered ventilators, and duct leakage. All of these can cause the home to go to a negative air pressure which sucks air in through dirty and dust areas such as attics, garages, crawl spaces and unconditioned or unfinished basements. They can also back-draft gas appliances if the negative pressure is great enough, causing poisonous carbon monoxide to spill into the home.

We can evaluate if pressure imbalances are occurring in your home and make recommendations on how to fix them. It may be possible to put your home under a slight positive air pressure, which helps keep contaminants from entering. The Infiltrometer Test will give you the information needed to see if this is possible in your home.

4. Have a Central High Efficiency Air Filter Installed: Typical throw away furnace filters do not adequately protect your equipment from getting fouled up, let alone protect you from invisible respirable particles. Ask for recommendations on installing a new high efficiency filter at the equipment. The best are typically four to six inches thick and only need to be cleaned or changed once a year. Note, however, that even the best filter can't totally eliminate visible dust in the home, simply because visible dust is heavy and often settles before it gets to the filter.

5. Upgrade Your Home's Mechanical Ventilation: The Infiltrometer test precisely measures how tight or Leaky your home is and whether your family is getting Enough fresh air. Some houses, especially newer ones, are very air tight and need improved mechanical ventilation. Older homes which have new airtight windows also often have poor indoor air.