

Designing Healthy Homes

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Changing Expectations



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Changing Expectations



**Changing built fabric
Improved thermal comfort
Improved occupant health??**



Human needs

Temperature

- Step 1 > 13⁰ deg C (Human health and dewpoint)
- Step 2 > 15⁰ deg C (human health)
- Step 3 > 20⁰ deg C (min typical thermal comfort)
- Step 4 21⁰ deg C (Typical thermal comfort)
- Step 5 <25⁰ deg C (thermal comfort)
- Step 6 <28⁰ deg C (Human health)

Relative humidity

- > 35% Health and comfort
- >45 & < 55 HVAC – comfort and productivity
- <70% health and comfort
- Note – mould growth

Air Quality

- Min ventilation rate 0.35 l / s / m² / person

The Australian building regulations



It is the role of the National Construction Code to require MINIMUM performance requirements for Health and Amenity in the built environment

Volume One



Higher Risk

Building Code of Australia
2019

Volume Two



Low Risk, low rise

Building Code of Australia
2019

Volume Three



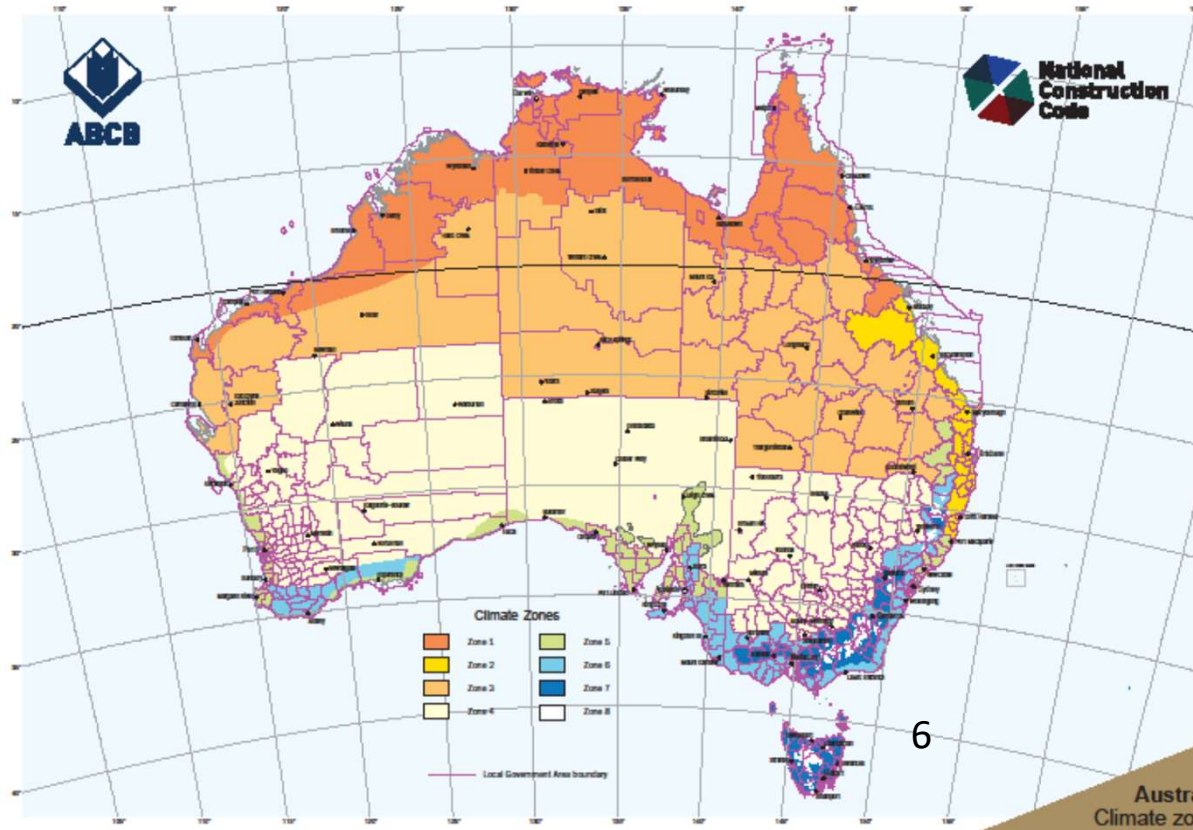
Plumbing Code of Australia
2019



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Australia's building regulation climates



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Release Date: Sep 2016
Last amended: Aug 2016
Version: VC00001.3
Developed from a map from the Bureau of Meteorology

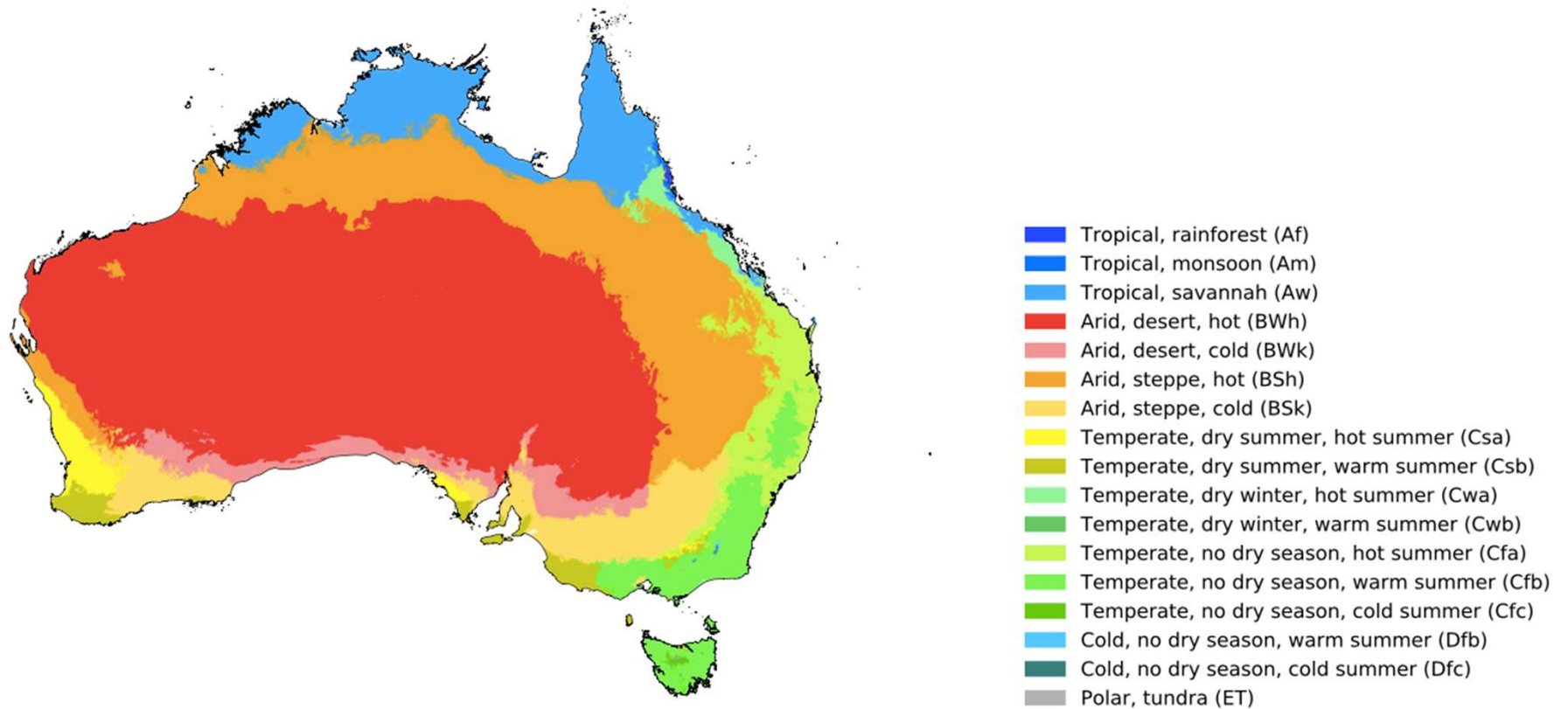
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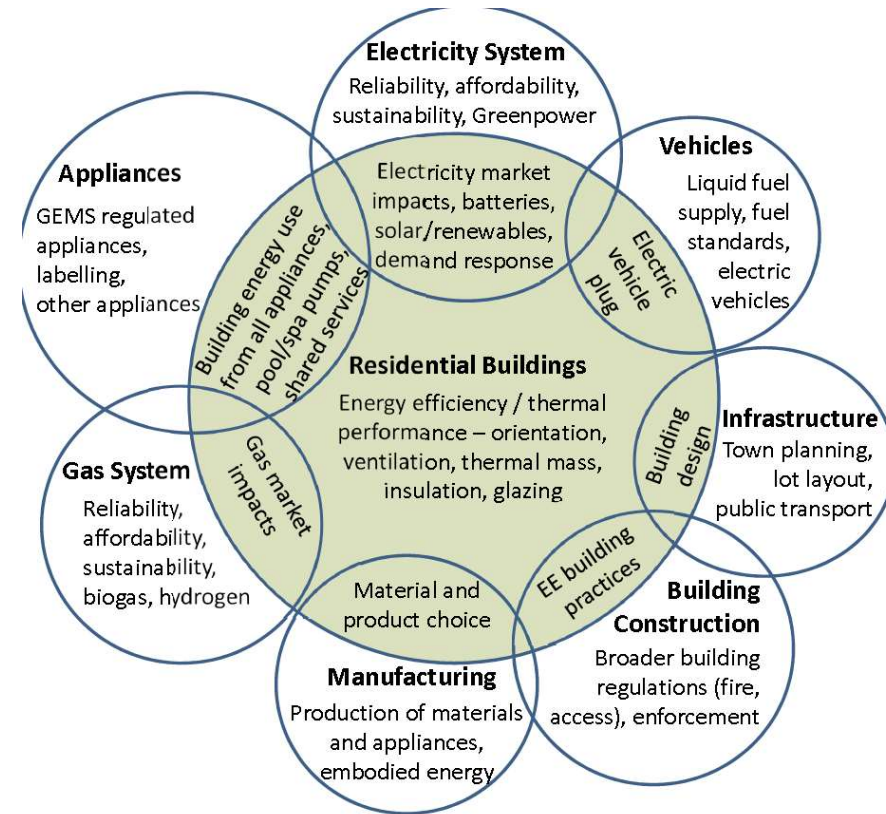
https://www.researchgate.net/profile/Mark_Dewsbury

Australia's Hot-humid to Cool-temperate climates

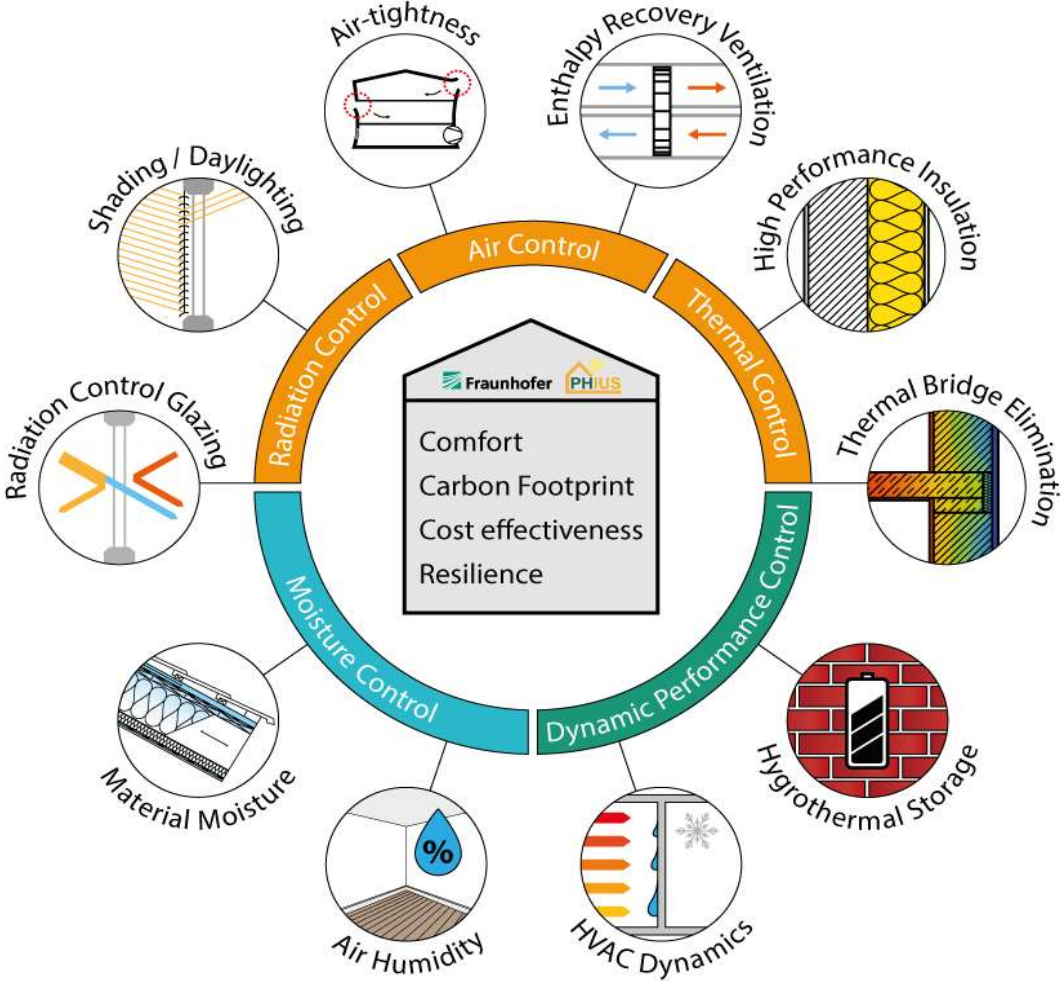


NatHERS & healthy housing

- Sadly NatHERS, is not the answer
- The NatHERS remit is about the reduction of greenhouse gas emissions that may be caused by house operation.



Recalibrating priorities



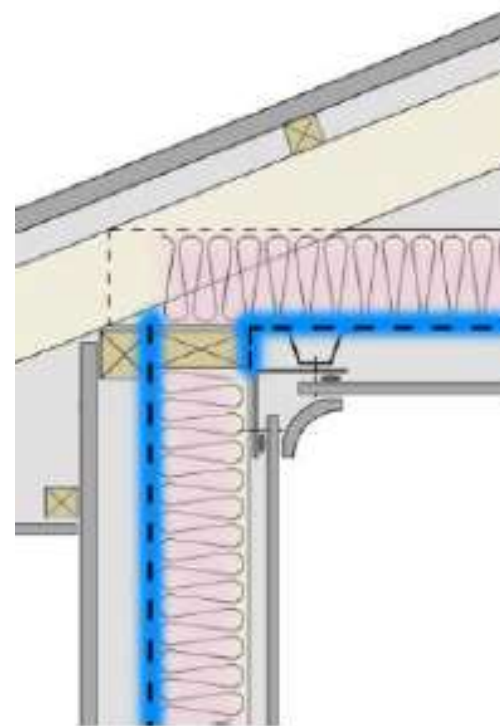
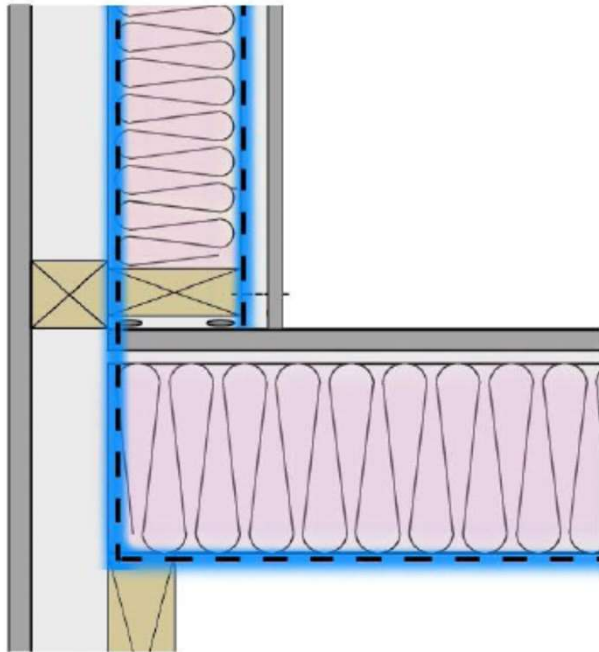
Air Control (air-tightness & ventilation)



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Air Control Layers



Thermal performance for timber-framed residential construction

Air Control Layers



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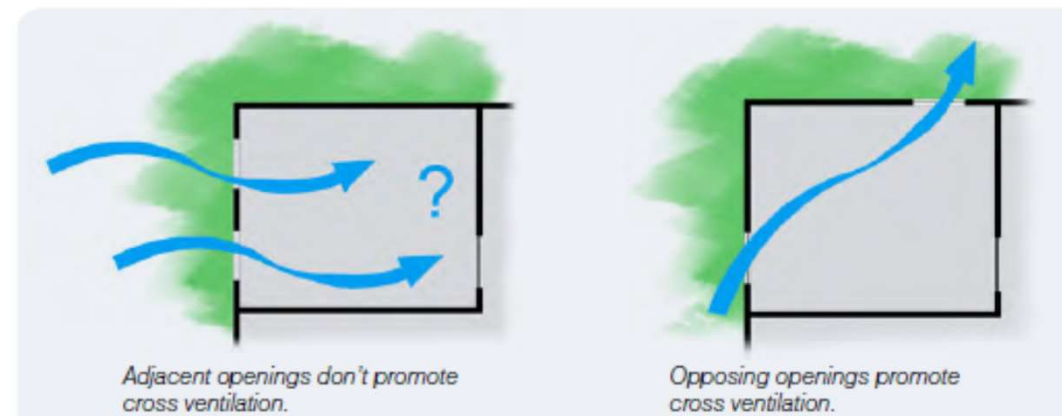
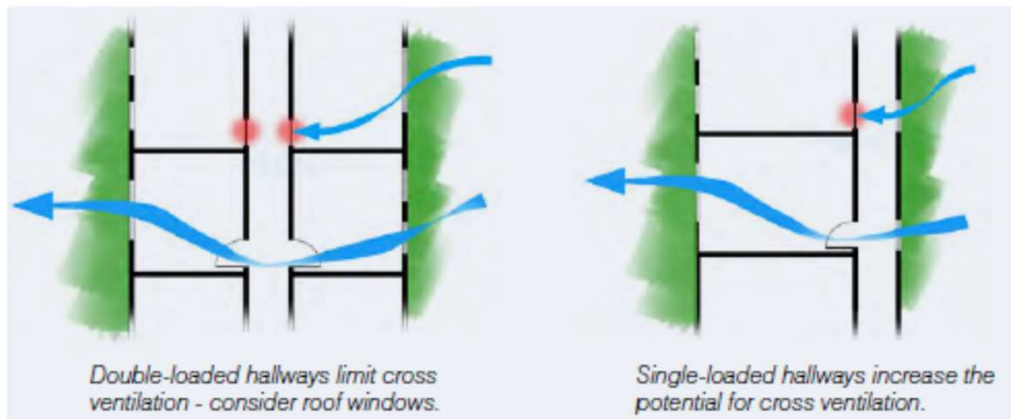
Un-intended Mass Air and Water Vapour Transport



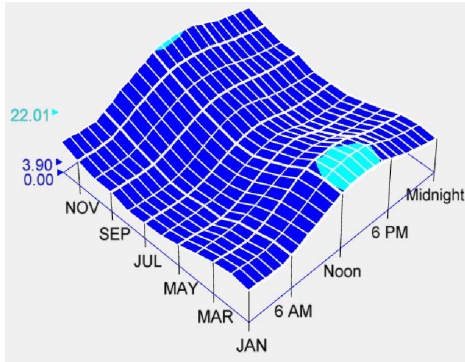
Methods to manage interior generated water vapour

Passive vapour control systems

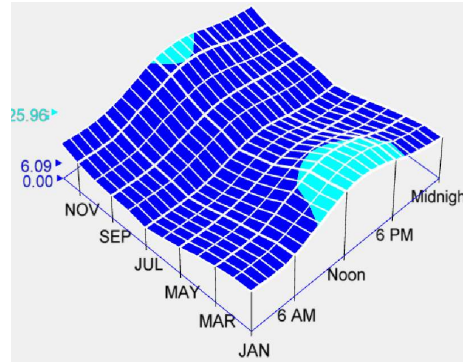
- House ventilations (doors, windows)



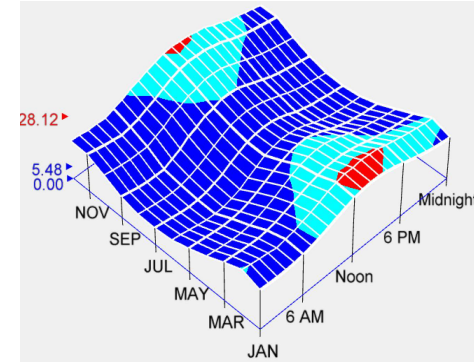
When is Water Vapour Trying to Escape (ext env <18degC)



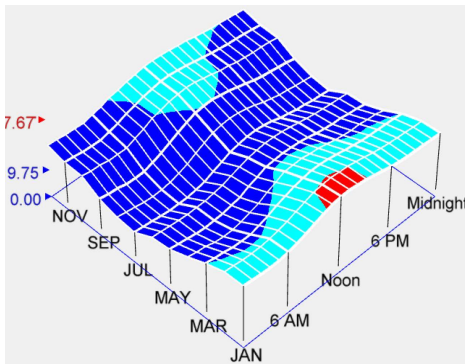
Launceston CZ-7 – 91%



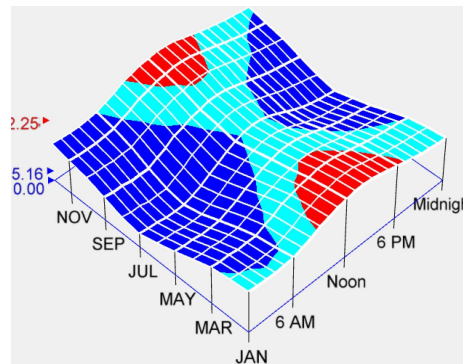
Melbourne CZ6 - 88%



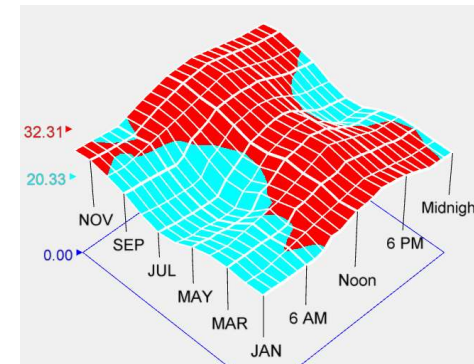
Richmond CZ6 - 72%



Sydney – 65%



Amberly CZ2 - 50%

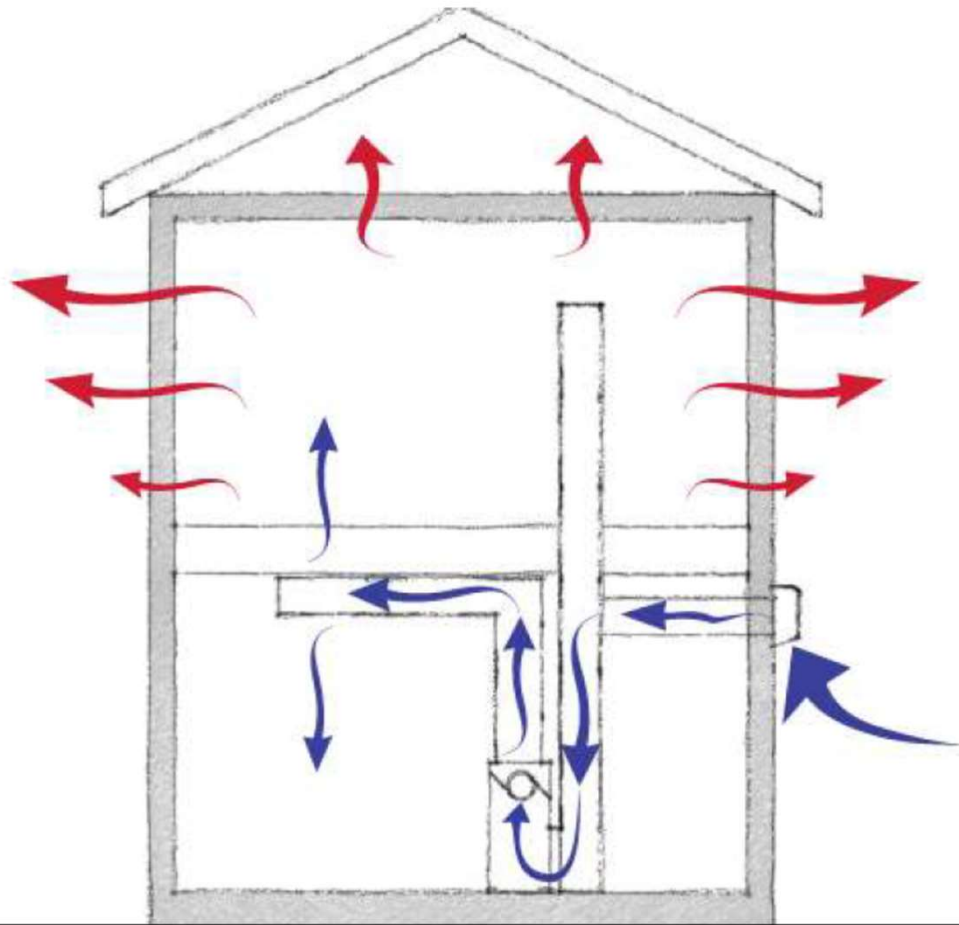


Darwin CZ1 – 58% Hot

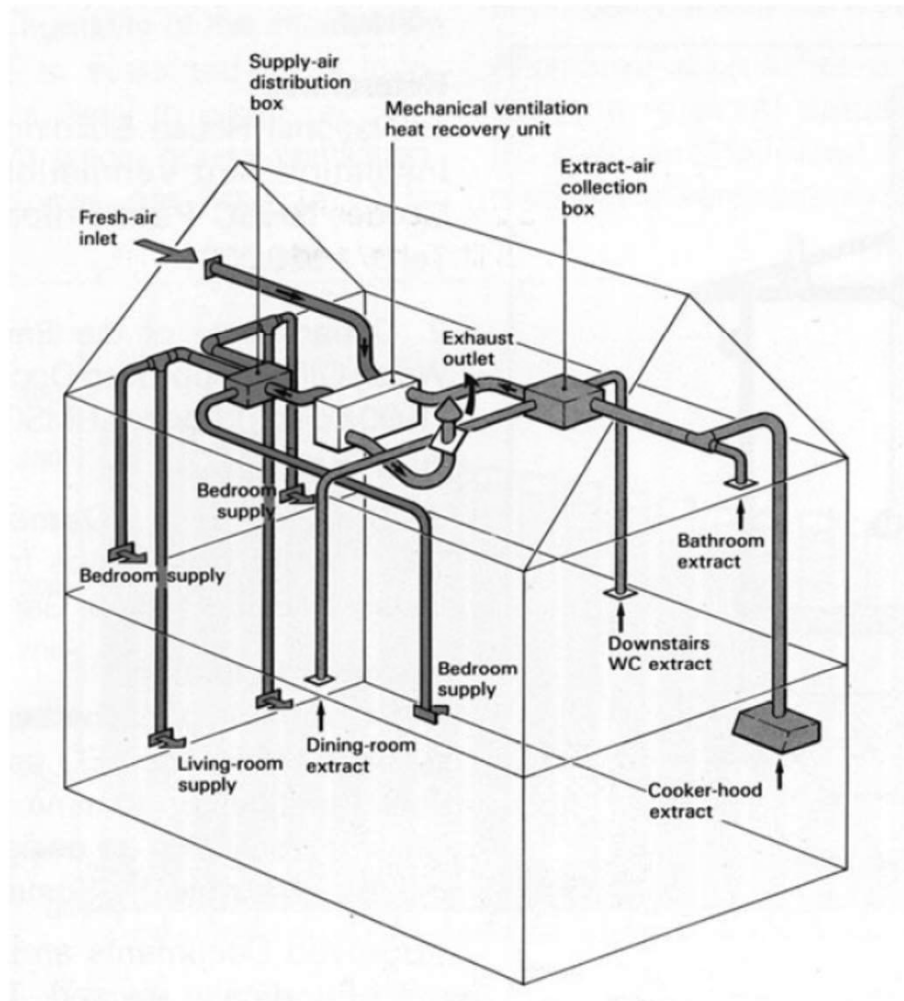
- Exhaust only



- Supply only

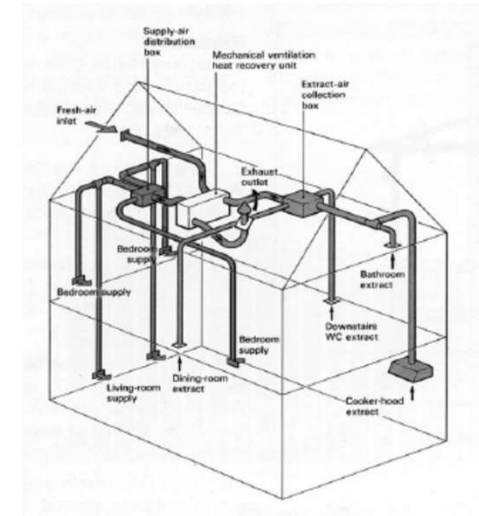
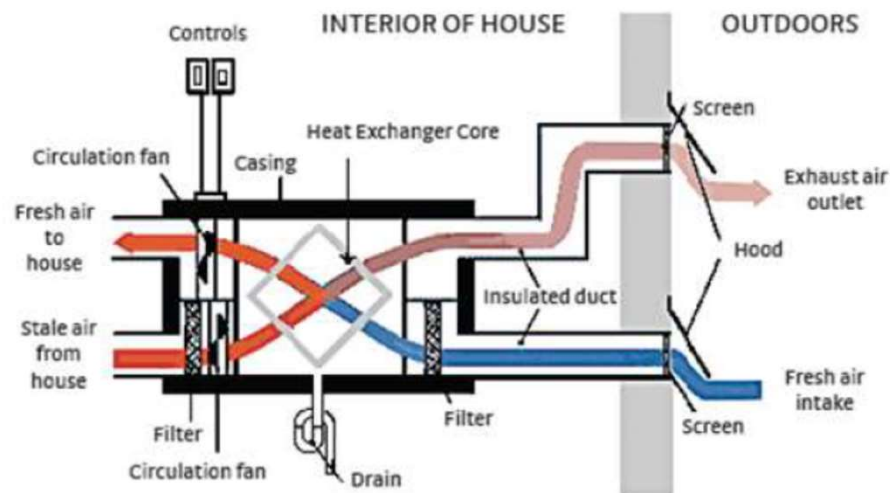


- Balanced



Enthalpy recovery is a ventilation system that:

- Uses the warm outgoing exhaust air to pre-heat incoming air, during times of indoor heating, and/or
- Uses the cool outgoing exhaust air to pre-cool incoming air, during times of indoor cooling



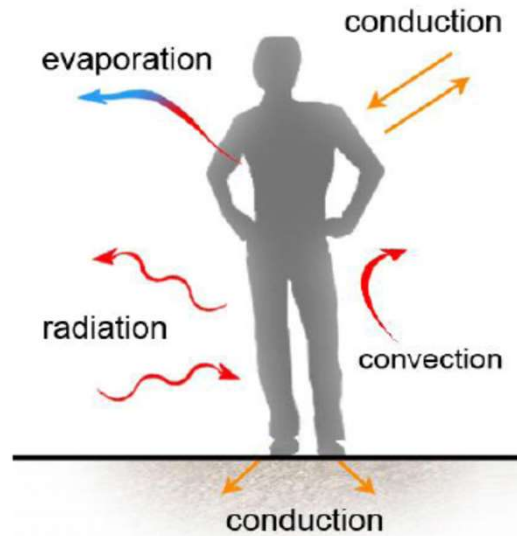
Thermal control



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Thermal Comfort





Thermal Control

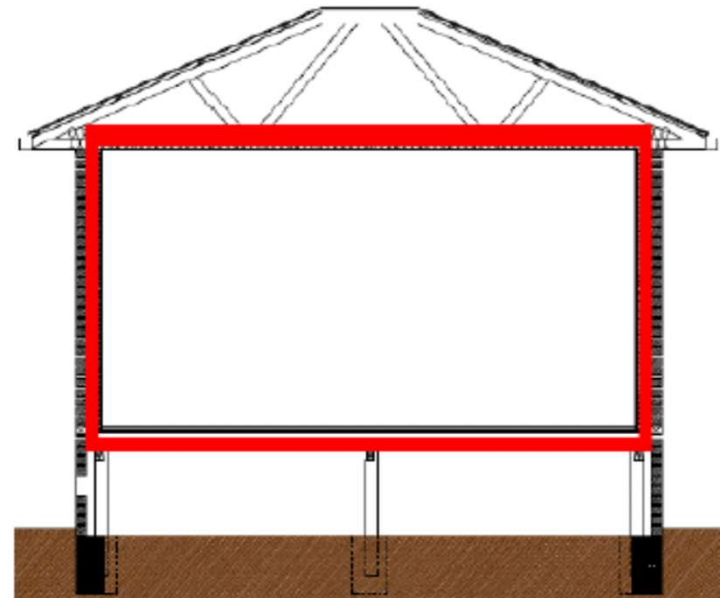


Figure 10 – Insulation continuity

<http://www.aliexpress.com/compare/compare-quick-brown-fox.html>

<http://www.dhgate.com/womens-down-coats-zipper-collar-feather-down/p-ff80808139bf02410139ed6b248f40e5.html>

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Thermal Control

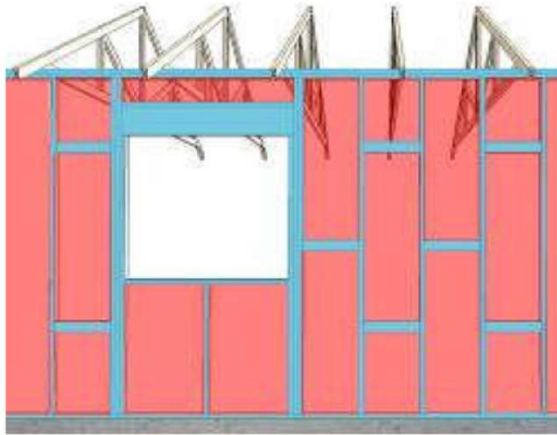


Figure 82 – Example of Unaligned Wall and Roof Structure Requiring a Double Top Plate

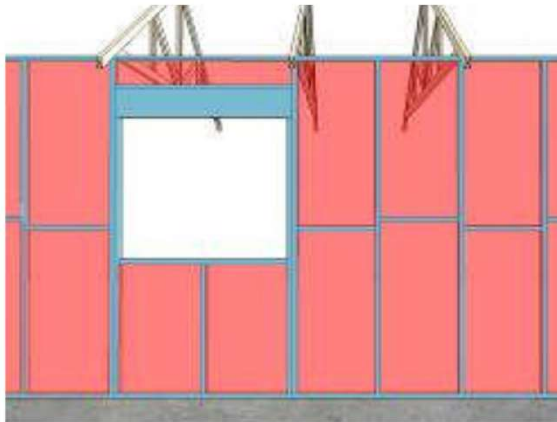


Figure 83 – Example of Aligned Wall and Roof Structure Requiring a Single Top Plate

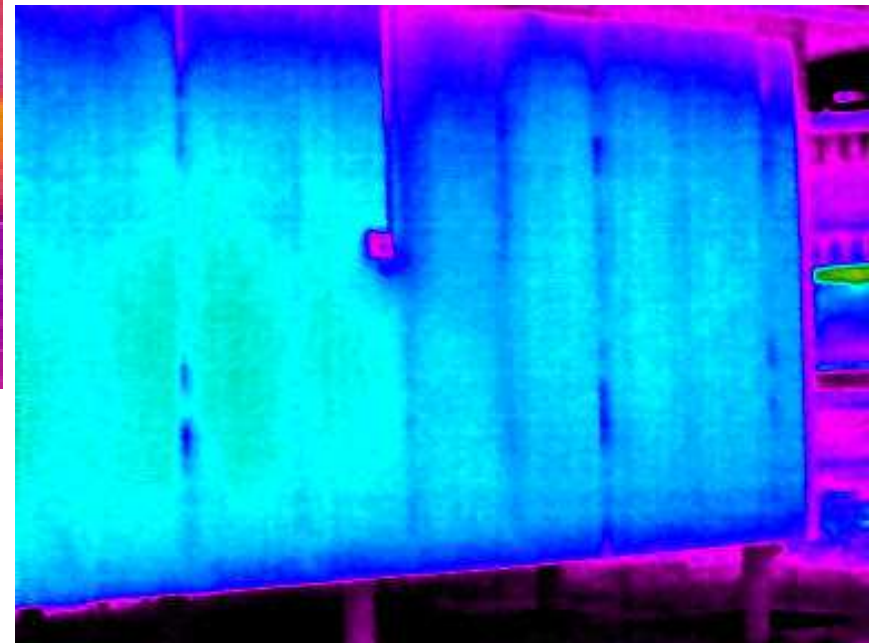


Thermal Control Layer– Thermal Bridging



In this old house, the exterior cladding is HOT

In this new building, the exterior cladding is COLD



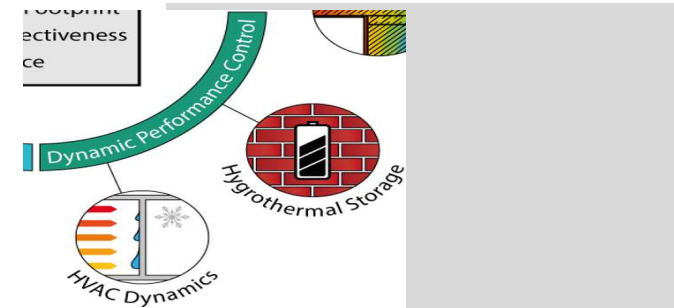
Dynamic performance control (vapour)



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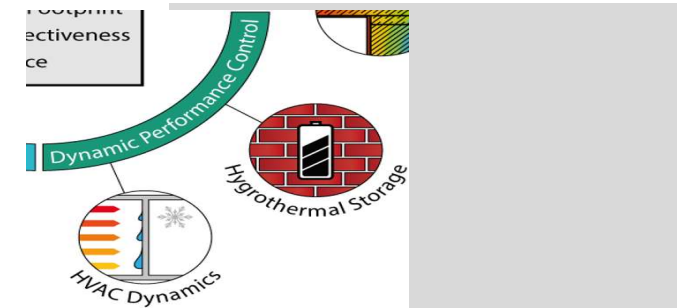
Dynamic daylight performance control



If we consider daylight control:

- The values for daylight transmittance are static,
- Whilst the exterior conditions (amount of cloud cover and cloud density) are dynamic, and
- We use variable wattage lamps with Lux sensors to manage interior lighting

Dynamic noise performance control

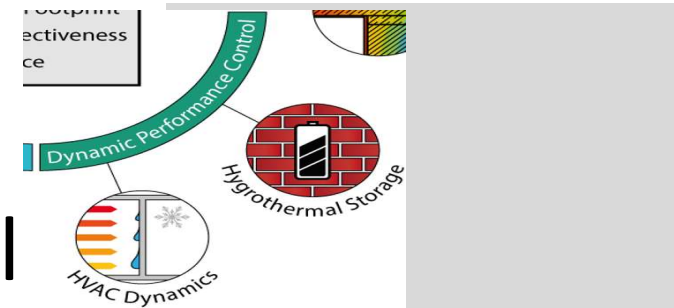


If we consider noise control:

- The values for noise transmission are static, and
- We design based on a worse case scenario

- The values for noise quality are dynamic, and
- Basic calculation methods explore a single value, or
- We use dynamic software tools like Dr Rob Bullen's 'Soundscape' to explore how various sounds are experienced in a space.

Dynamic radiation performance control



If we consider radiation control:

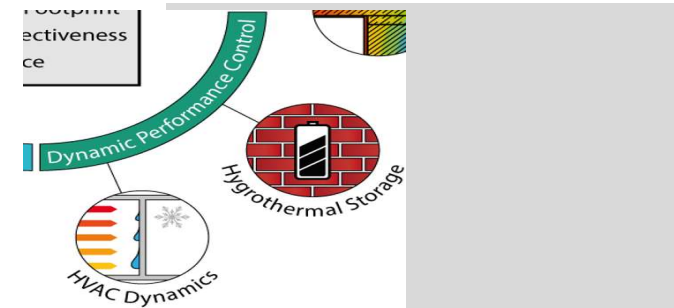
- The values for radiation calculations are static, and
- We design based on static value (NCC)

- But as per the radiation lecture, the direct and diffuse radiation is continually changing (is dynamic).
- Better dynamic simulation tools use hourly Global, Direct and Diffuse solar radiation inputs to inform the affect of radiation on building performance.

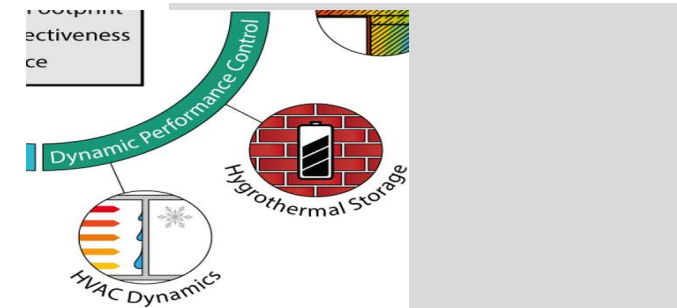
Dynamic air-tightness performance control

If we consider air control / airtightness:

- The values for air control and air tightness are generally a static value (i.e., 10@n50 ACR).
- But tracer gas research highlighted the need to observe environmental data (temperature, relative humidity, barometric pressure, wind speed and wind direction) to inform the calculations regarding Air Changes per Hour (ACH), and
- The blower door test method measures the relative leaky-ness of a building at different pressure differentials up to a 50Pa difference.
- But how do we include these variable inputs with a building simulation?



Dynamic ventilation performance control



If we consider air control/ ventilation:

- The values for air control and ventilation are generally a static value.

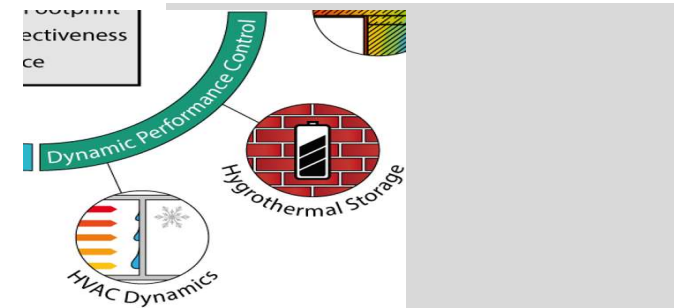
But

- The temperature of the outdoor air is always changing,
- The relative humidity of the outdoor air is always changing,
- The wind speed is always changing, and
- The wind direction is always changing.

Dynamic ventilation performance control

This is further complicated by new and more efficient technologies

- Historically HVAC systems had a single and often constant rate of air flow that could be measured and adjusted.
- But newer systems have variable ventilation rates, requiring the more precise quantification of air flows.
- Furthermore, these are significantly affected by the dynamic operation of the building.
- It is easier to control dynamic air flows if an over-pressure of air is used.
- But for this to work, the moisture balance of the building materials must be known and managed.
- This becomes even more complex when retrofitting of low grade facades is considered.



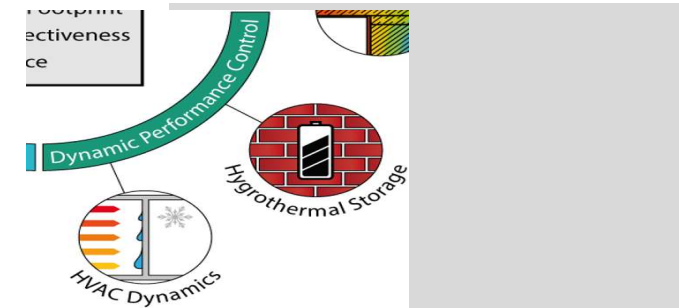
Dynamic thermal performance control

If we consider thermal control:

- The values for the external climatic conditions historically only considered a single average air temperature
- The conductivity values for materials only considered a single value based on a test result for a single temperature and relative humidity.

But

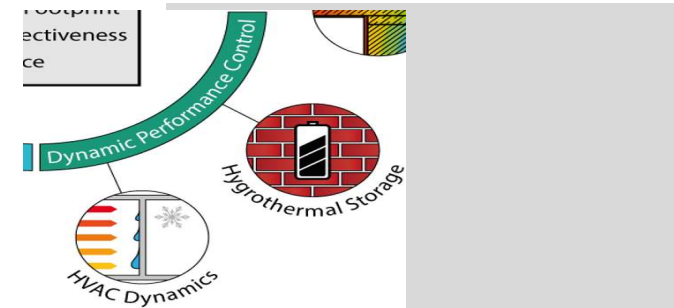
- The temperature of the outdoor and indoor air is always changing,
- The relative humidity of the outdoor air and indoor air always changing, and
- How do we account for thermal capacitance



Dynamic hygrothermal performance control

If we consider the Hygrothermal calculation in lecture 8a:

- The temperature and relative humidity values for the external climatic were static.
- The temperature and relative humidity conditions for the interior environment were static.
- The conductivity values for the materials, regardless of temperature and moisture content, were static.
- The water vapour resistivity values for each material, regardless of temperature and relative humidity, were static.
- There was no consideration about the water vapour and moisture adsorptions affect on thermal mass.
- There was no consideration of moisture accumulation, wetting, drying or mould growth risks.



Dynamic thermal comfort control

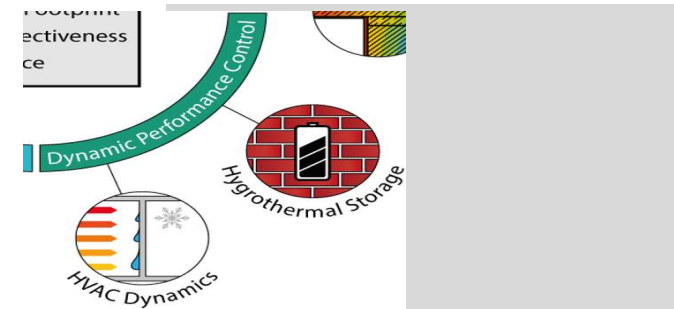
If we consider thermal comfort:

Our simplistic calculation methods need for us to specify a single interior temperature.

But

The ASHRAE and other standards show that our thermal comfort changes subject to:

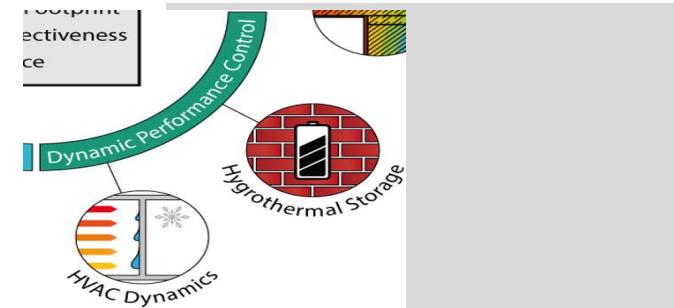
- Our physical activity
- The seasons
- Our contact with the outdoors
- Our clothing
- The relative humidity, and
- The interior air speed.



Dynamic HVAC performance control

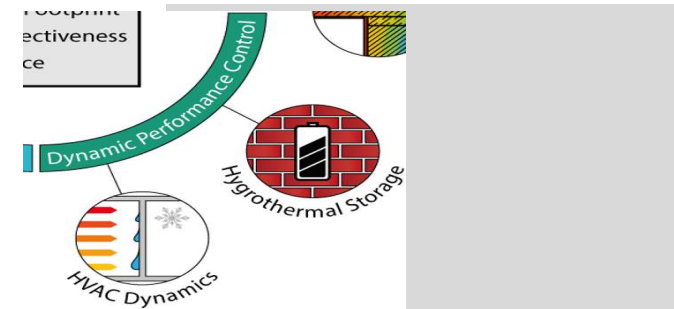
The HVAC system may be needed for:

- Ventilation of air-tight buildings
 - air quality
 - cooling, subject to external air temperature
 - heating, subject to external air temperature
- Heating to ensure temperatures always meet health requirements ($>15^{\circ}\text{C}$)
- Heating to ensure thermal comfort bandwidths and/or worker productivity relative to function and activity (i.e., sedentary office worker $>20^{\circ}\text{C}$)
- Cooling to ensure temperatures always meet health requirements ($<28^{\circ}\text{C}$)
- Cooling to ensure thermal comfort bandwidths and/or worker productivity relative to function and activity (i.e., sedentary office worker $<25^{\circ}\text{C}$)
- Relative humidity control



Dynamic humidity control

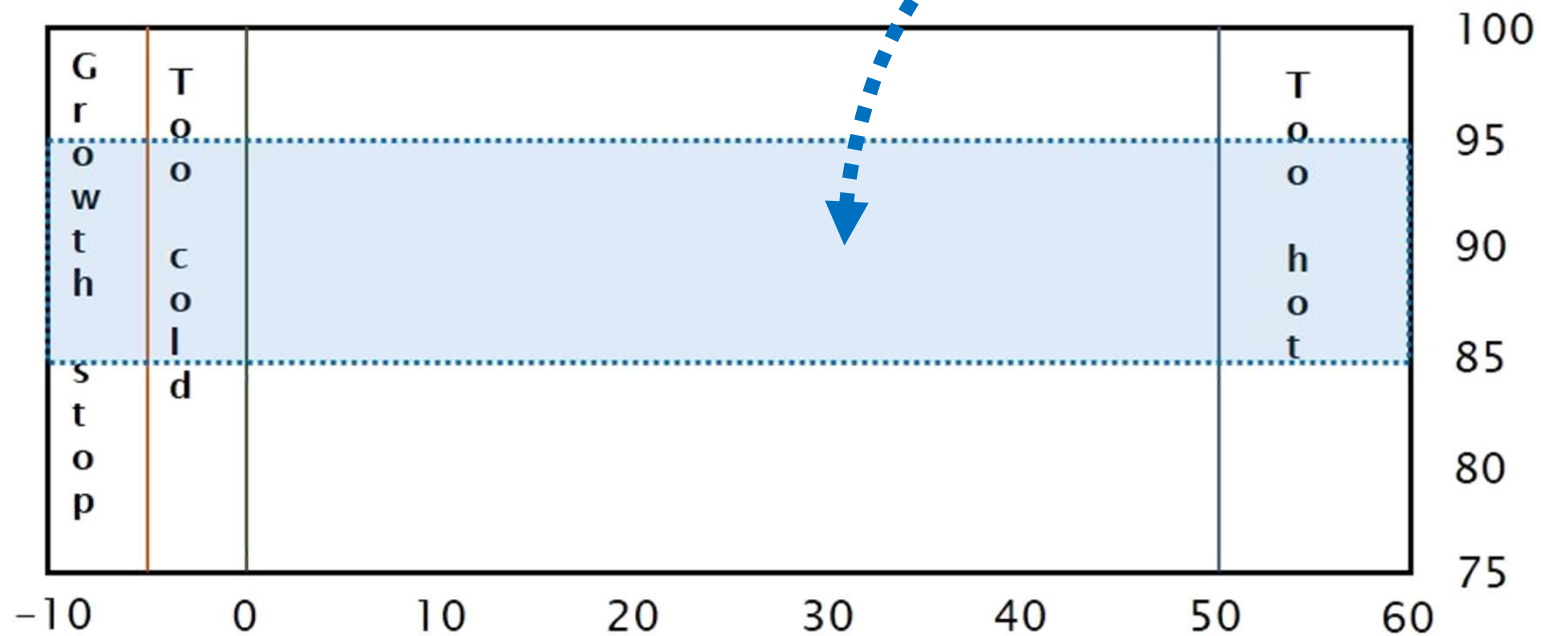
- The relative humidity and its control is an increasingly complex component of the design and construction of buildings.
- Water vapour exists in the air we breath and in most construction materials
- As the air heats up, it absorbs moisture from all materials in the building.
- As the air cools down, materials adsorb the water vapour until either materials become saturated or dew-point temperature is reached.
- Within a building, the amount of water vapour within the air, and water vapour sources, play a pivotal role in the heating, cooling, dehumidification and ventilation energy a building may need.
- Simple or complex static calculations will not provide enough guidance.
- But we have mould growth when the RH is above 75% (recent UK research suggests 60%). What is the RH in Australian buildings?



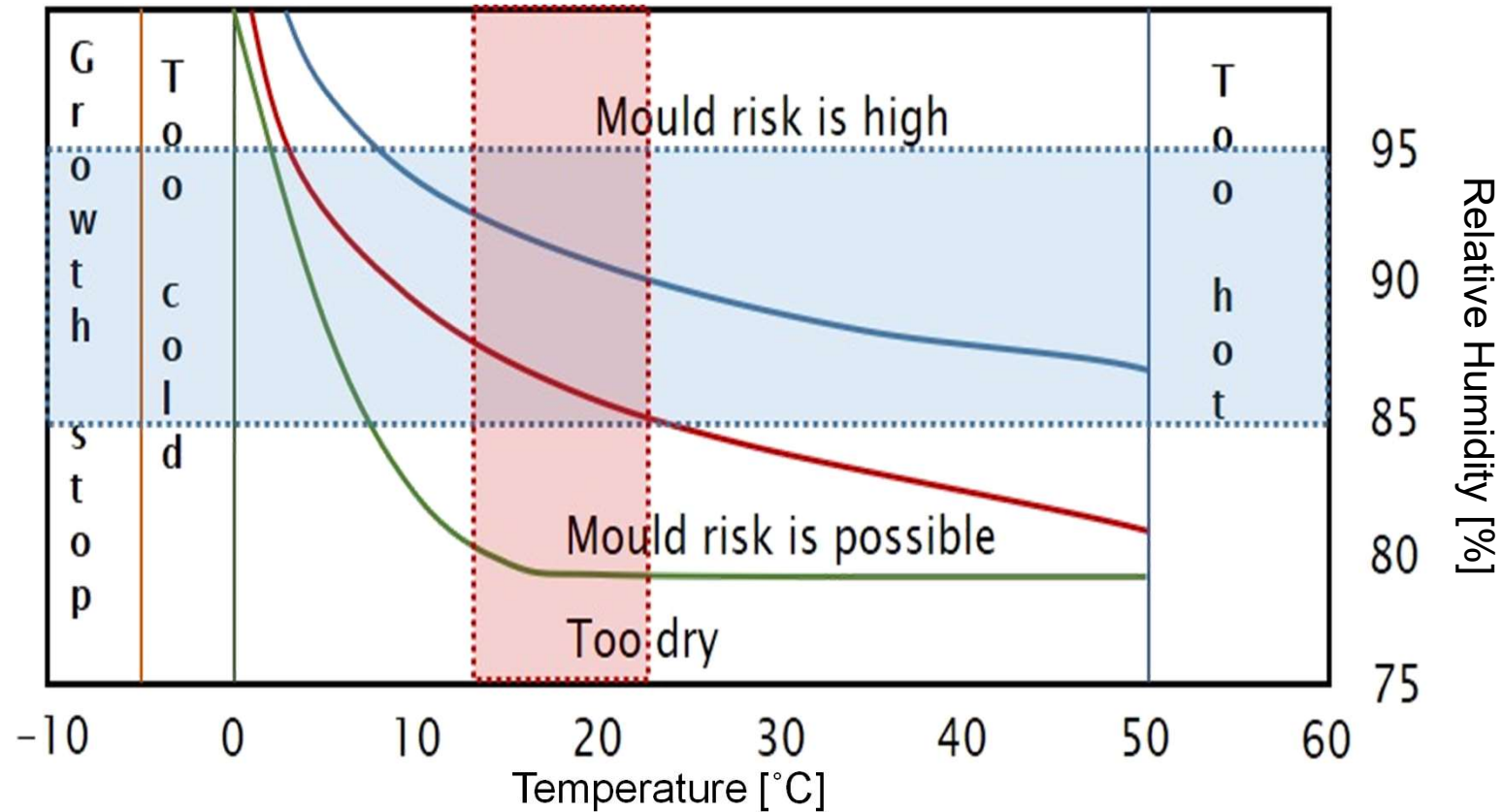
An Energy Efficient and Healthy Home

Observed relative humidity,
(Class 1 & Class 2)

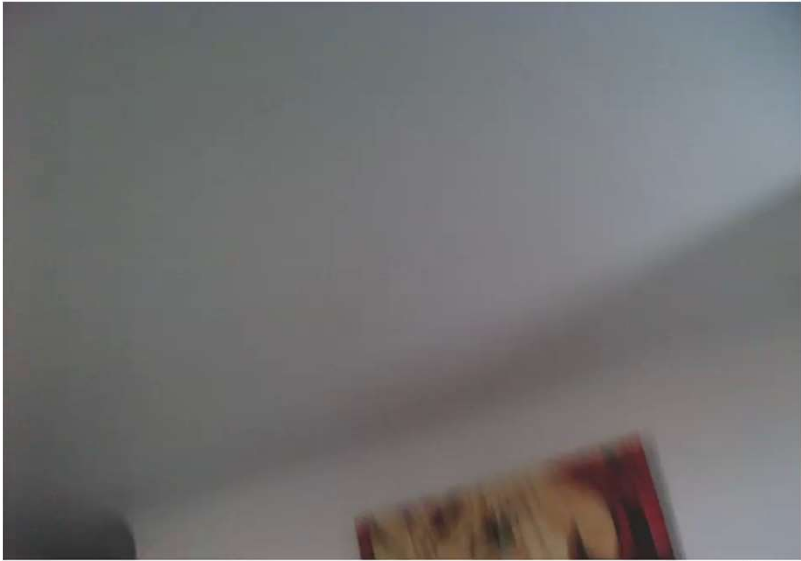
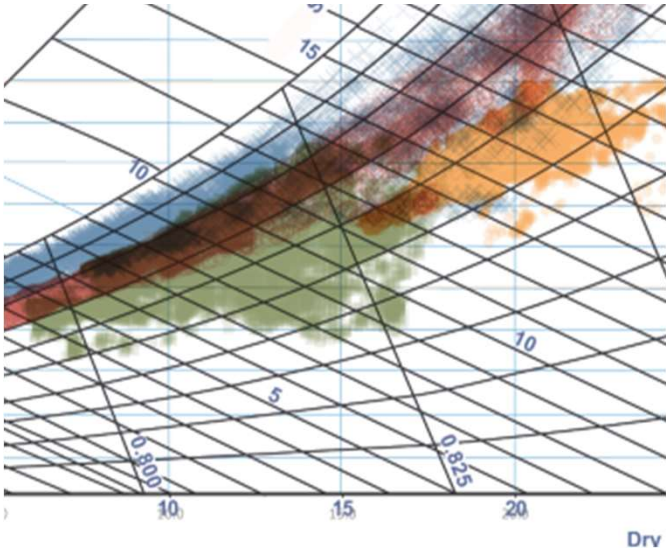
Relative Humidity
recorded between
85%-95% in some
houses



An Energy Efficient and Healthy Home??



Condensation



25c 08-08-2014 15:54:57

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Mould



Consumer peril

Mould in public housing: Trevallyn family seeks action claiming repeated calls for support go unanswered



Adam Holmes



David and Taylor Kearnes inspect the interior of a Tasmania house in Trevallyn, which has been infested with mould.

Mould woes add strain for Melbourne residents during coronavirus stage 4 lockdown

By Nicole Asher

Posted Sun 30 Aug 2020 at 6:57am, updated Sun 30 Aug 2020 at 8:28am



Canberra mum 'hospitalised 160 times' due to mould-infested public housing home



By Emily McPherson - Senior Journalist | 12:53pm Aug 1, 2018



The hidden signs of mould in your home, and how to protect your house over winter

Kaitlin Peek and Jenny Ky • The Daily Edition

Published: 21/05/2020 • Updated: Thursday, 21 May 2020 3:48 pm AEST



Home / Sydney / Inhabitants live in horror due to the spread of mold in Sydney's social residential areas

Sydney

Inhabitants live in horror due to the spread of mold in Sydney's social residential areas

tomwood • February 22, 2021



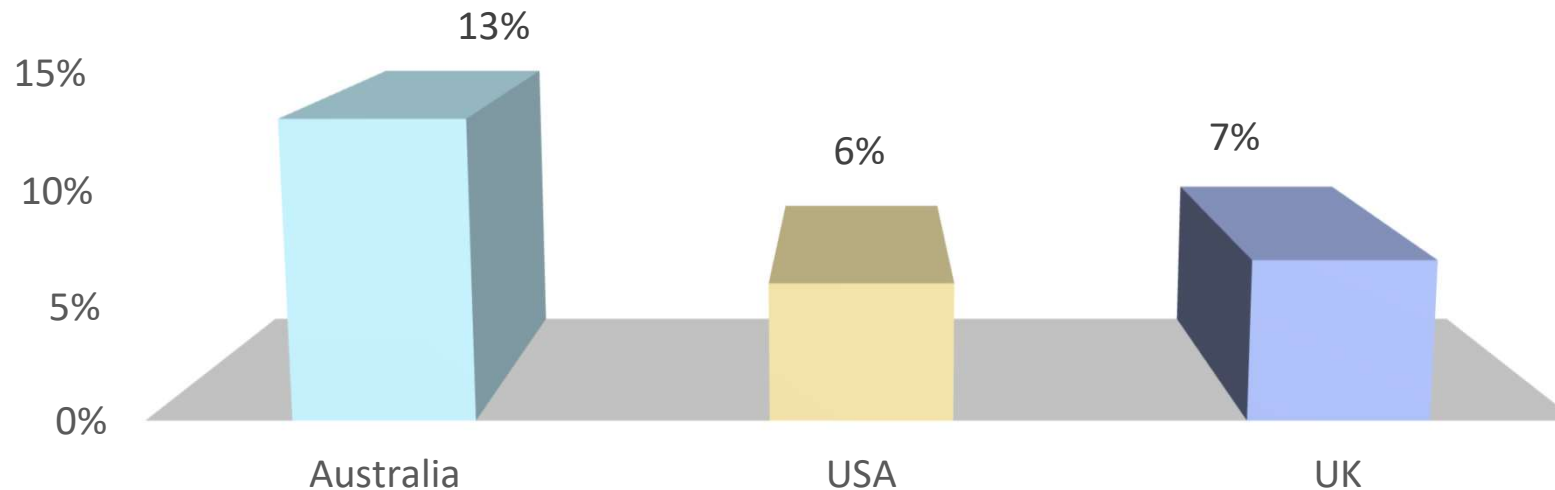
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The human health cost

- The 2009 WHO report stated that residential dampness is associated with a 50% increase in Asthma.
- Australia has double the OECD average for Asthma
- In 2019, Australia was the only developed nation with NO comprehensive regulations on condensation and mould in buildings.



Is new housing a health hazard? Nath, Dewsbury, Orr,. 2018

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Moisture and condensation

- Sources of moisture
- Water vapour in our homes and workplaces
- When water vapour is not managed properly
- Methods to manage interior generated water vapour
- Methods to manage exterior generated water vapour
- Regulatory support
- Professional risk

Creating Water vapour in our homes

In 1 month



Is regulation making homes unhealthy?

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Water vapour in our workplaces

- Classroom
 - 28 Children @ 80-90 grams per hour

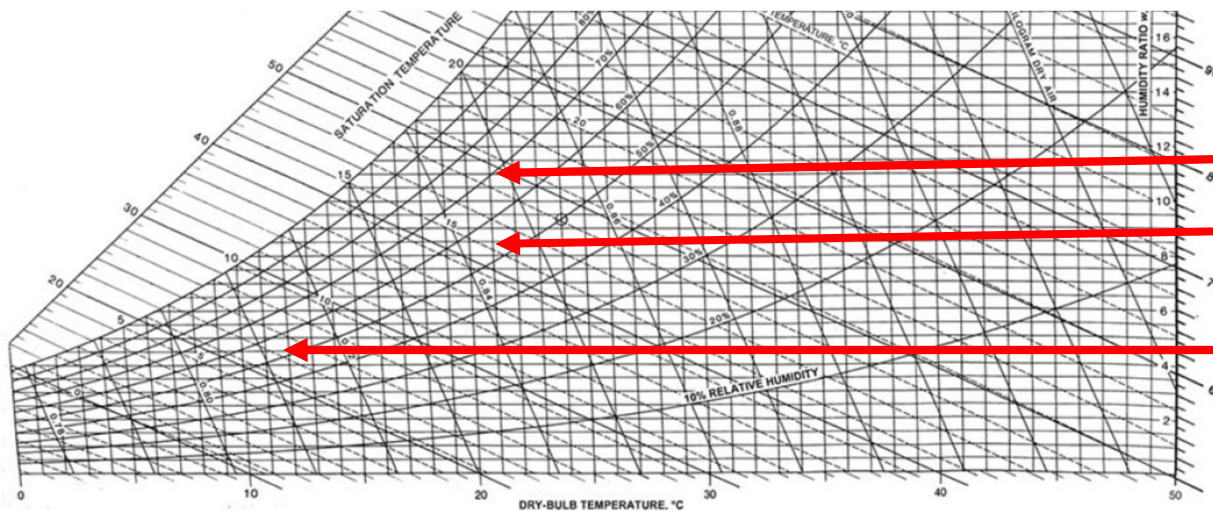
- Office
 - 1 person per 10-15 m², creating 70-90 grams per hour



How much water vapour can the air hold

Humidity ratio of moist air

- grams of water /kg of dry air



21 Deg C, 70% RH = 11 grams/kg

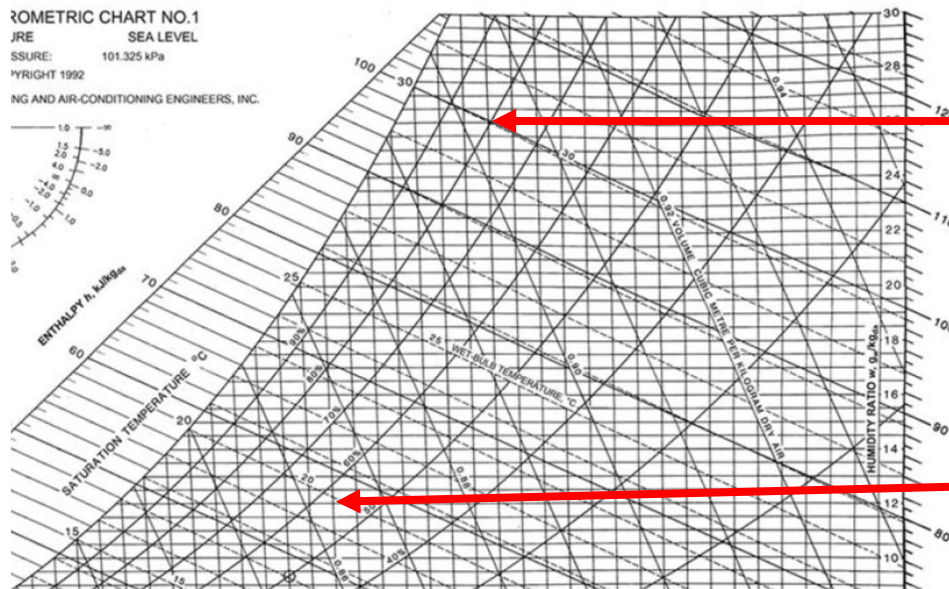
21 Deg C, 55% RH = 9 grams/kg

12 Deg C, 55% RH = 5 grams/kg

How much water vapour can the air hold

Humidity ratio of moist air

- grams of water /kg of dry air



33 Deg C, 80% RH = 26 grams/kg

26 Deg C, 55% RH = 12 grams/kg

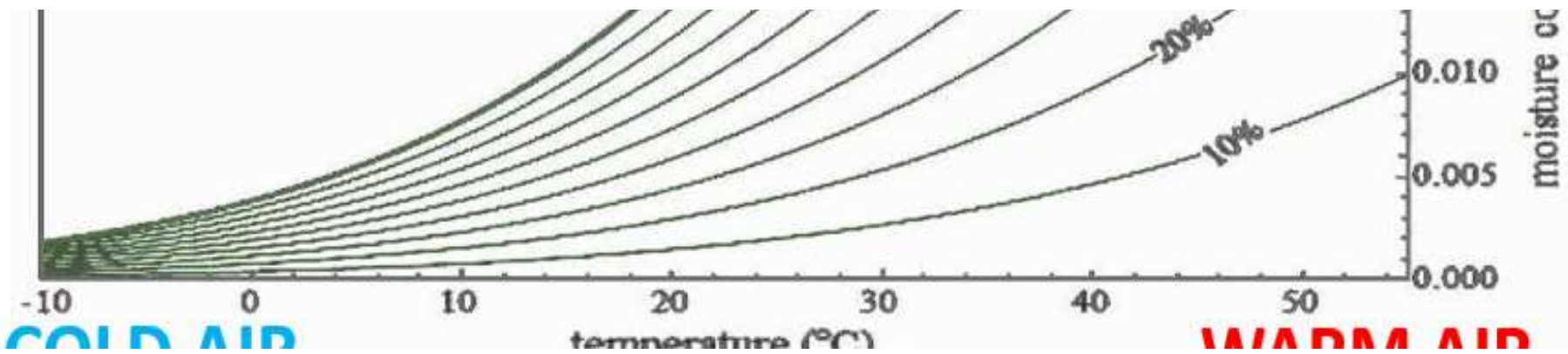
How much water vapour can the air hold

COLD AIR

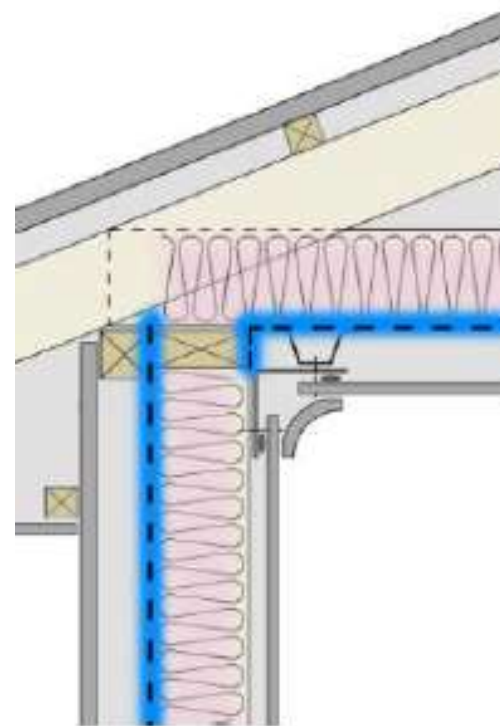
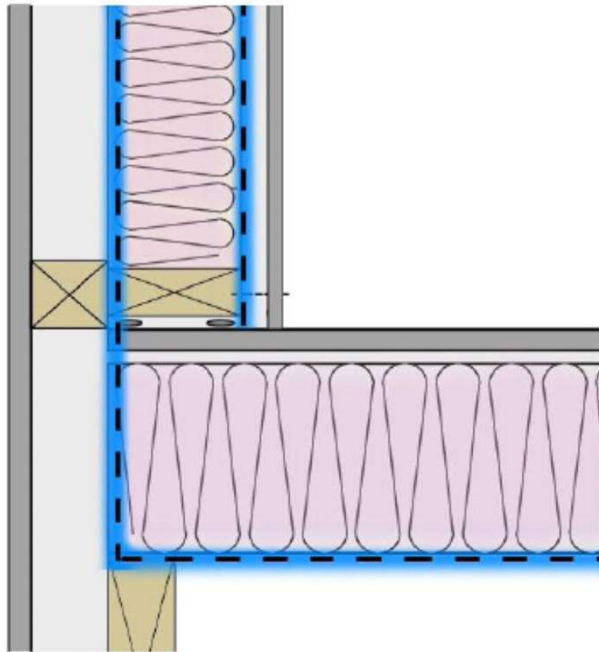
temperature (°C)

vs

WARM AIR

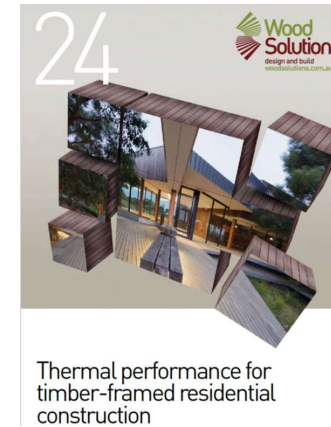
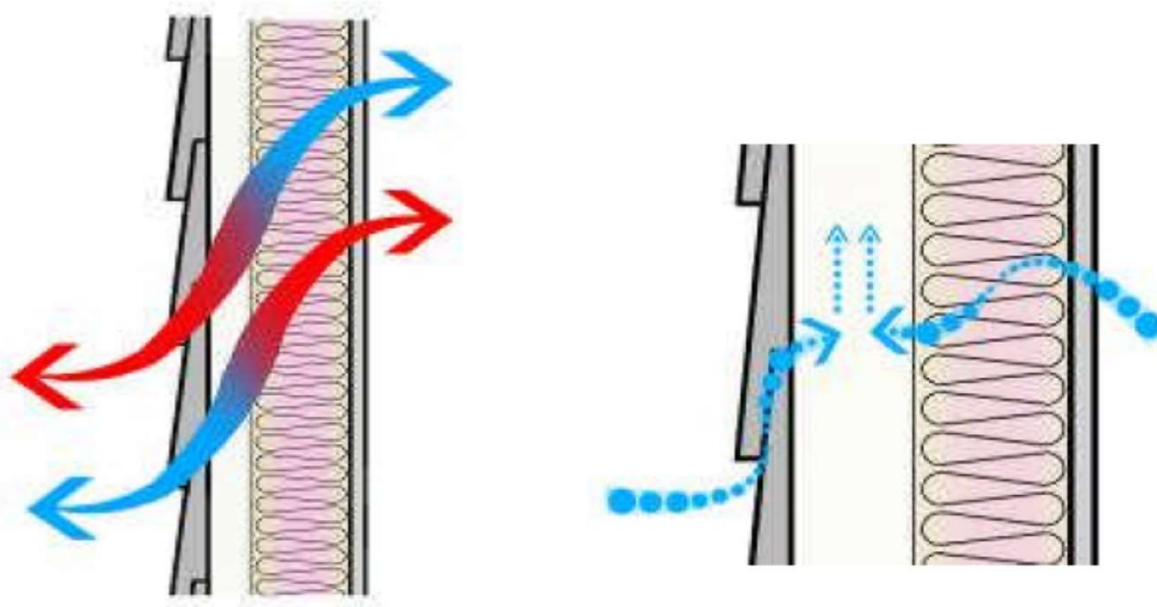


Vapour Control Layers



Thermal performance for timber-framed residential construction

Water Vapour – Managing Vapour Pressure



Vapour Control Layers

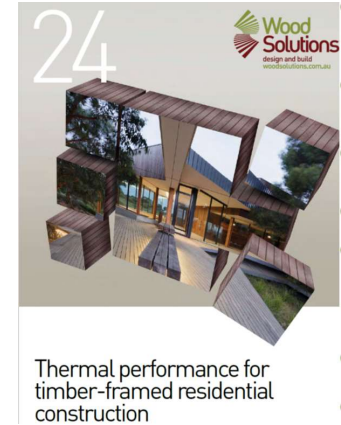


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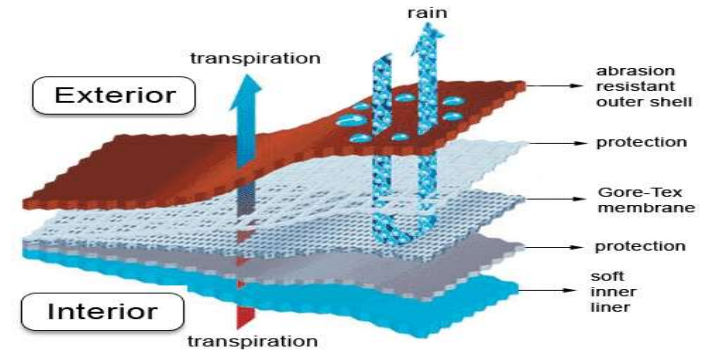
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https://www.researchgate.net/profile/Mark_Dewsbury

Water Vapour Diffusion

Water Vapour Permeable, and Water Vapour Impermeable Materials



<i>Vapour impermeable</i>	<i>Vapour semi-impermeable</i>	<i>Vapour semi-permeable</i>	<i>Vapour permeable</i>
<i>Polyethylene, Vinyl, Glass, Aluminium foil, sheet metal, Foil faced insulation</i>	<i>Oil based paints Some vinyl wall coverings Extruded polystyrene Paper faced bulk insulation</i>	<i>Wood, Plywood, Particleboard, Expanded polystyrene, Most plastic paints</i>	<i>Unpainted paper-faced plasterboard, Unpainted plaster Bulk insulation (rock-wool, glass-wool and polyster) Cellulose insulation Timber Clay bricks Concrete blocks</i>



Vapour Control -
Permeability



Water Control



Thermal Control



Gore-tex

<http://www.freshnessmag.com/2009/10/02/adidas-origi>

<http://www.freshnessmag.com/2009/10/02/adidas-origi-neighborhood-zivil-courage-diaplex-check-shirt/>

http://www.getprice.com.au/Henri-Lloyd-GORE-TEX-Ocean-Explorer-Jacket-Women-Gpnc_668--71896123.htm

http://www.getprice.com.au/Gordini-Elevation-II-Gore-Tex-R-Gloves-Waterproof-Insulated-For-Women-Gpnc_446--90756828.htm

<http://www.mcas.com.au/motorcycle-clothing-road-textile-pants/dainese-lontan-gore--tex-pants>

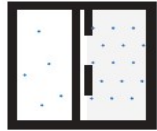
<http://www.koolstuff.com.au/products/bates-delta-9-gore-tex-black-waterproof-zip-sided-tactical-law-enforcement-army-military-boots.html>

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Vapour control - permeability

TABLE 4
VAPOUR CONTROL MEMBRANE (VCM) CLASSIFICATION

Vapour permeance (see Note) $\mu\text{g/N.s}$			
Class	VCM category	Min. (\geq)	Max. (\leq)
Class 1	Vapour barrier	0.0000	0.0022
Class 2		0.0022	0.1429
Class 3	Vapour permeable	0.1429	1.1403
Class 4		1.1403	No max.

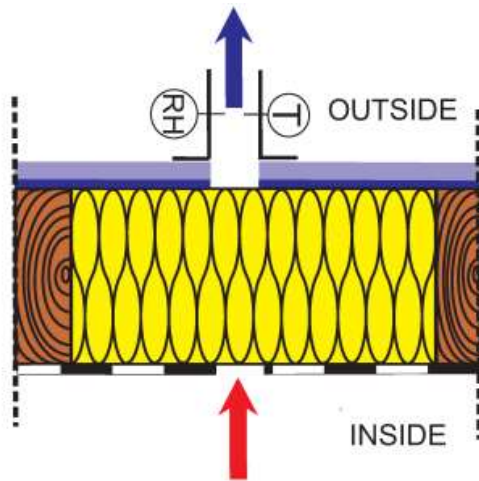
ASTM-E96 Method B Wet Cup—23°C 50%RH

NOTE: Vapour permeance is the inverse of vapour resistance. It shall be calculated as follows:

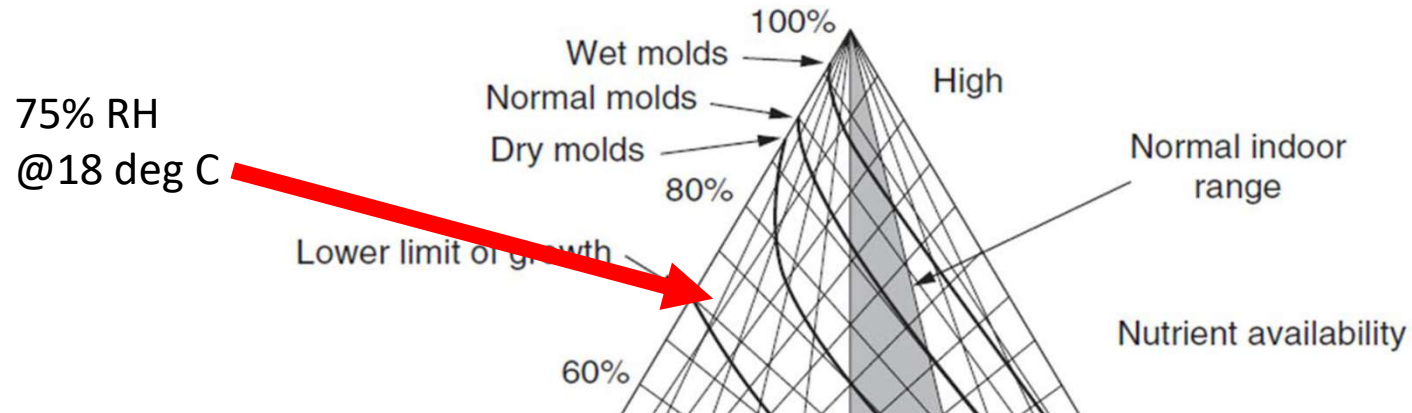
$$\text{Vapour permeance } \mu\text{g/N.s} = 1 / (\text{Vapour resistance MN.s/g})$$

How Much Water Vapour Diffusion?

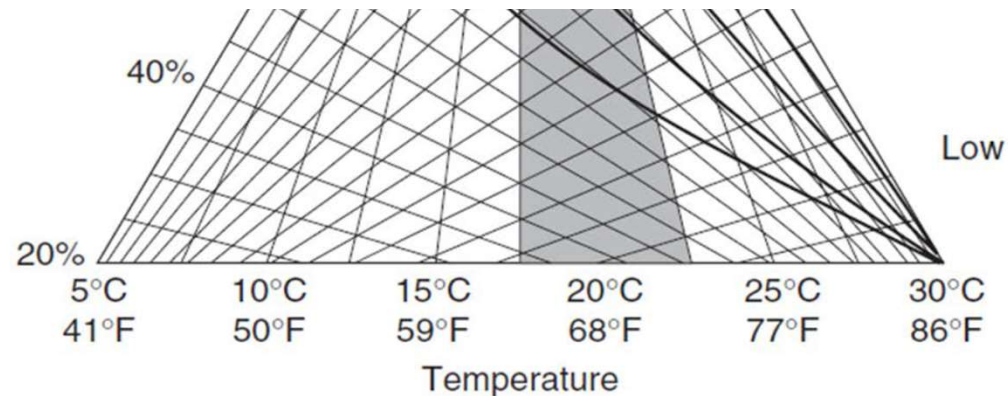
One 5 mm hole in the middle of the warm side, air extraction at the bottom of cold side (5 Pa)



TEMPERATURE, RELATIVE HUMIDITY & MOULD GROWTH



NO VISIBLE MOISTURE NEEDED FOR MOULD TO GROW



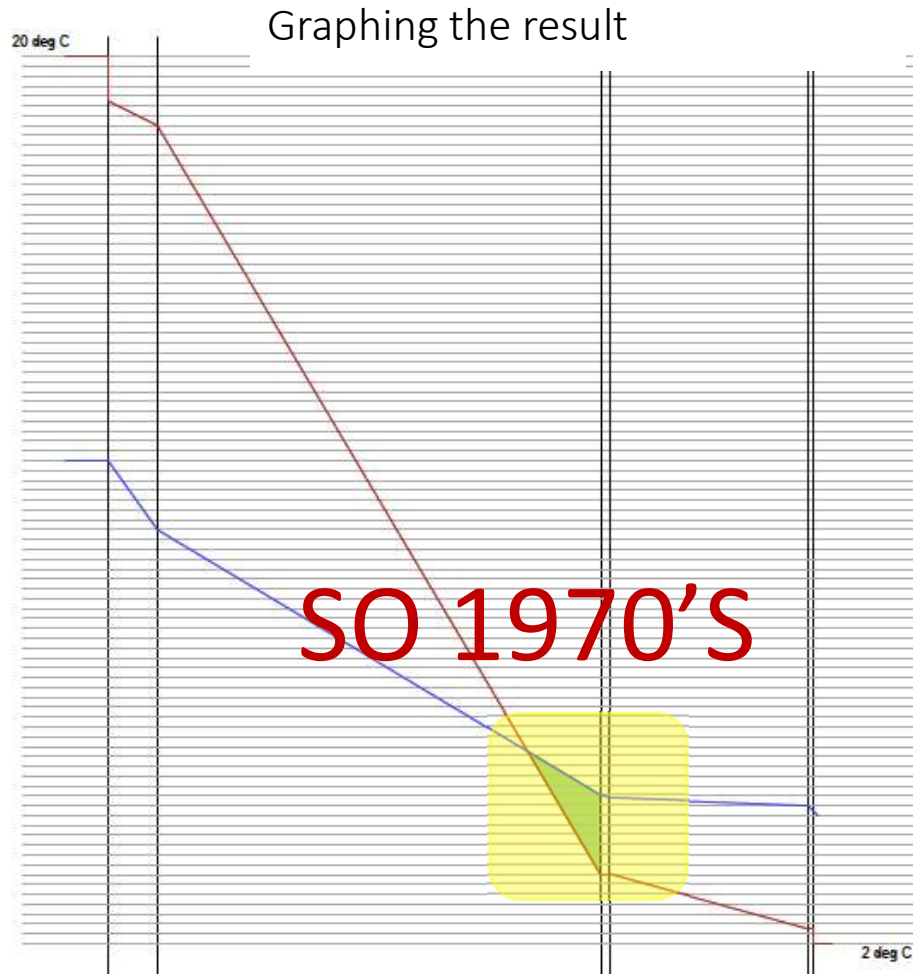
Moisture control



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Condensation Risk Calculation



Heat/Energy/Temperature

Dew Point Temperature

Non-transient simulations

WALL 2

10mm Plasterboard/90mm R2.0 Insulation/Variable Vapour Membrane/Variable Vented Airspace Cavity/19mm Weatherboard

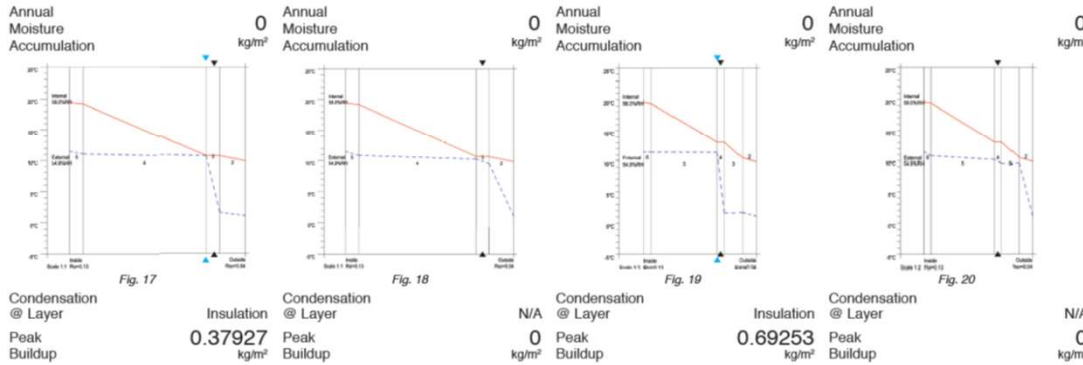
WALL 2.1
10mm Plasterboard/90mm R2.0 Insulation/Vapour Impermeable Membrane/No Cavity/19mm Weatherboard
• R Value (out) = 2.42 m²K/W
• Thickness = 119 mm

WALL 2.2
10mm Plasterboard/90mm R2.0 Insulation/Vapour Permeable Membrane/No Cavity/19mm Weatherboard
• R Value (out) = 2.42 m²K/W
• Thickness = 119 mm

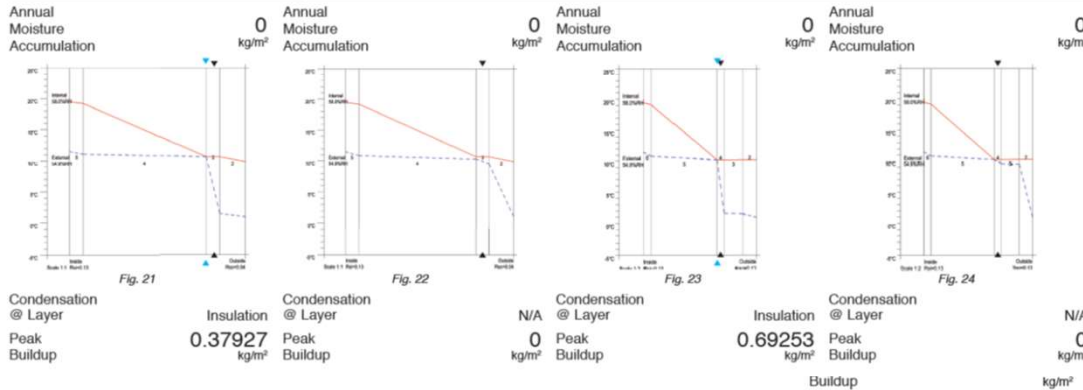
WALL 2.3
10mm Plasterboard/90mm R2.0 Insulation/Vapour Impermeable Membrane/25mm Cavity/19mm Weatherboard
• R Value (out) = 3.27 m²K/W
• Thickness = 144 mm

WALL 2.4
10mm Plasterboard/90mm R2.0 Insulation/Vapour Permeable Membrane/25mm Cavity/19mm Weatherboard
• R Value (out) = 3.27 m²K/W
• Thickness = 144 mm

Australian NATHERS Dew Point Analysis



International ISO NATHERS Dew Point Analysis



TASMANIA - COASTAL
CONDITIONED INTERIOR - CLIMATE ZONE 67

COMMENTARY

Cavity ventilation affects air temperature at vapour barrier
The closed air cavity acts as an insulator in the Australian simulations. The simulated air temperature in the wall does not fall to outside air temperatures until the cladding.
The vented air cavity is more realistic in the International ISO simulations. The temperature in the air cavity is closer to the outside air temperature.

Fig. 19 shows a temperature of approx. 13° C at the vapour barrier vs the more realistic value of approx. 11° C in Fig. 23, where it meets the dewpoint and condenses at the insulation layer.

Permeability of vapour barrier

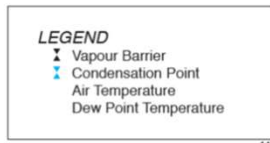
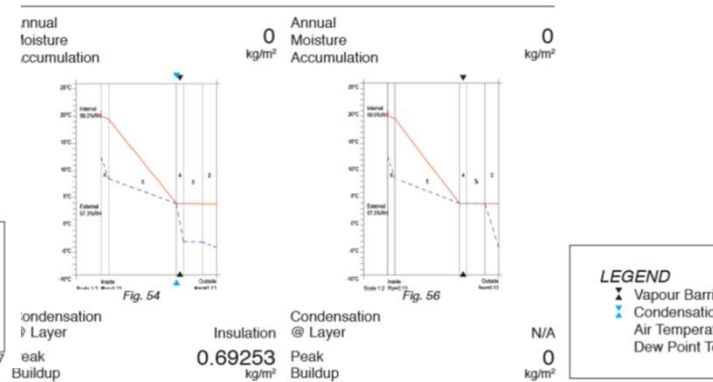
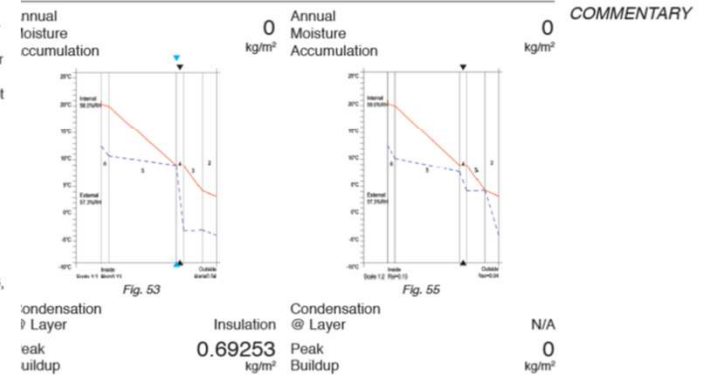


Airspace Cavity/19mm Weatherboard

WALL 2.3
0mm Plasterboard/90mm R2.0 Insulation/Vapour Impermeable Membrane/5mm Cavity/19mm Weatherboard
• R Value (out) = 3.27 m²K/W
• Thickness = 144 mm

WALL 2.4
10mm Plasterboard/90mm R2.0 Insulation/Vapour Permeable Membrane/25mm Cavity/19mm Weatherboard
• R Value (out) = 3.27 m²K/W
• Thickness = 144 mm

TASMANIA - ALPINE
CONDITIONED INTERIOR - CLIMATE ZONE 69



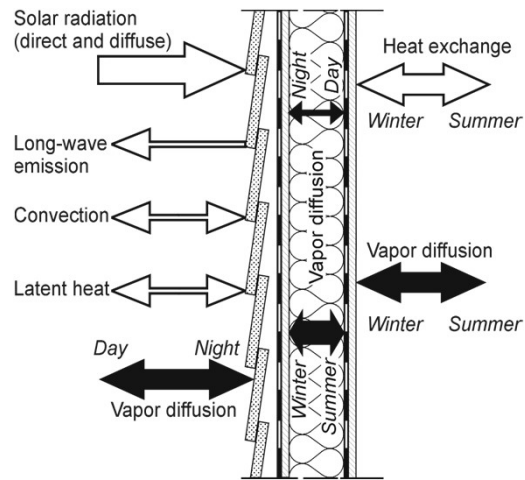
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https://www.researchgate.net/profile/Mark_Dewsbury

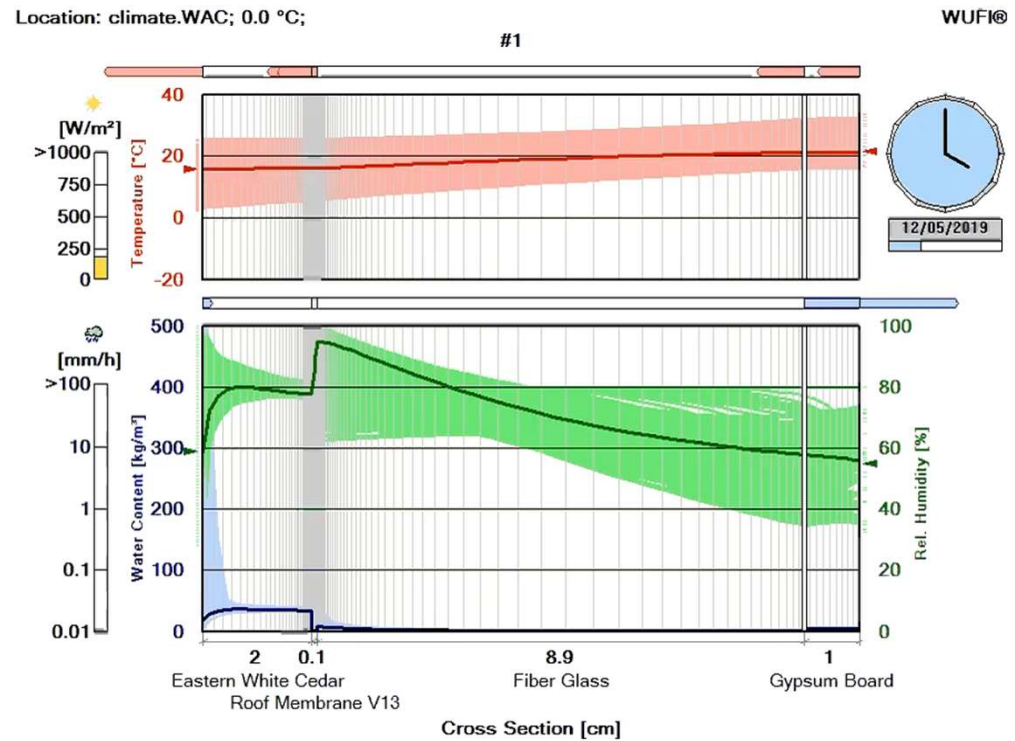
Transient Hygrothermal Calculation Method

- Dynamic temperature (top) and moisture (bottom) in a timber frame wall

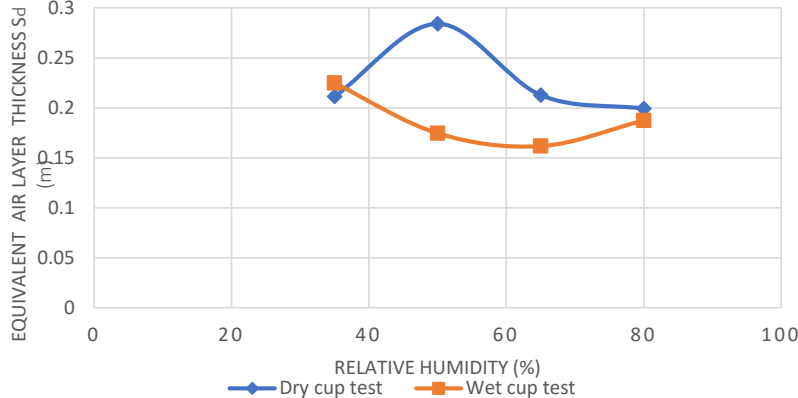
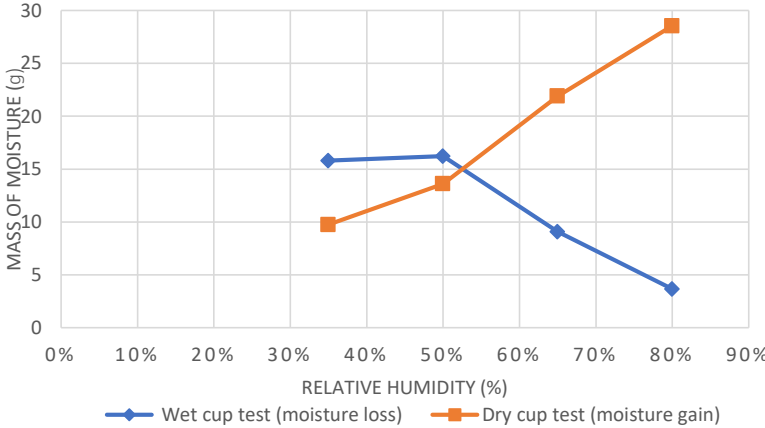
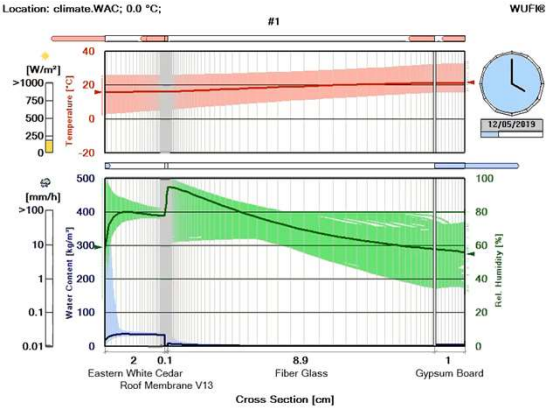
SO 2020



Kunzel, H, (2019) Fraunhofer IBP



Vapour resistivity & the single point testing method?



- 23°C & 35% RH
- 23°C & 50% RH
- 23°C & 65% RH
- 23°C & 80% RH

Transfer of moisture in varying relative humidity for sample A

Dynamic characteristics of the equivalent diffusion air layer thickness for Sample B



Five Key Principles for Effective External Envelopes



Thermal control layer – Reduce contact between warm and cool building materials (thermal bridging)



Vapour control layer – Materials that allow the climatically appropriate passive flow of water vapour



Water control layer – Moisture forms on the interior and exterior surface of cladding materials. A systems approach is needed.



Ventilation – The design of passive ventilation strategies for unconditioned roof spaces, wall cavities and subfloor space, (includes supply and exhaust)

****** And occupant controlled or mechanical ventilation of habitable rooms



BAL – Where required ventilation includes materials that apply AS3959 principles

4 Key Principles



X

• Water Control Layer - Cladding



X

• Air Control Layer

• Thermal Control Layer



X



X

• Air Control Layer - Lining



4 Key Principles

- **Water Control Layer – Cladding external surface**
- **Water Control Layer – Cladding internal surface**
 - Vented cavity zone
- **Vapour Control Layer**
- **Air Control Layer**
- **Thermal Control Layer**
- **Air Control Layer - Lining**



Mould Index	Definition
Nil	No simulated mould growth was simulated
≤ 1.0	Acceptable level of mould growth was simulated
>1.0 to <3.0	An amount of mould growth was simulated that requires further investigation
$3.0 >$	Unacceptable amount of mould growth was simulated

Membrane Permeance

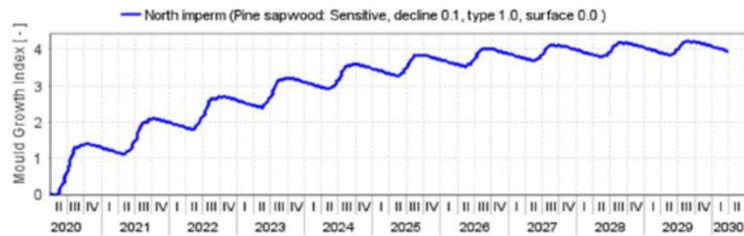


Figure 17: Timber clad wall, northern orientation, Nathers CZ66, impermeable building membrane

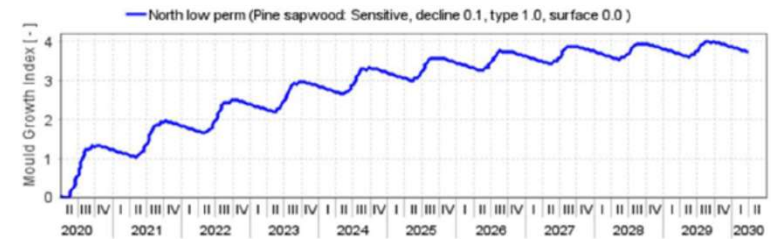


Figure 18: Timber clad wall, northern orientation, Nathers CZ66, AS4200 Class 3 permeable building membrane

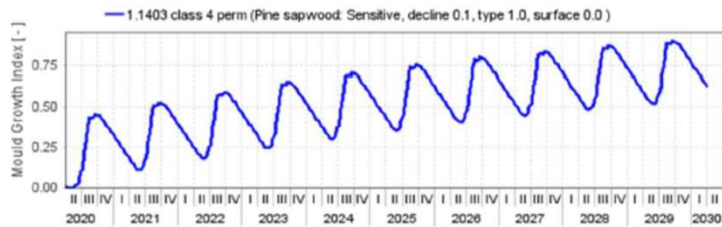


Figure 19: Timber clad wall, northern orientation, Nathers CZ66, AS4200 Class 4 permeable building membrane (1.1403 ug/N.s)

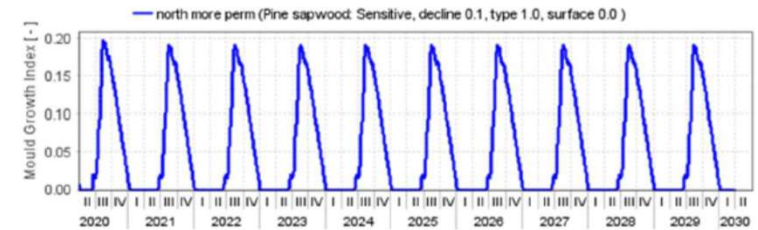


Figure 20: Timber clad wall, northern orientation, Nathers CZ66, AS4200 Class 4 extremely permeable building membrane (not available in Australia)

Building air-tightness

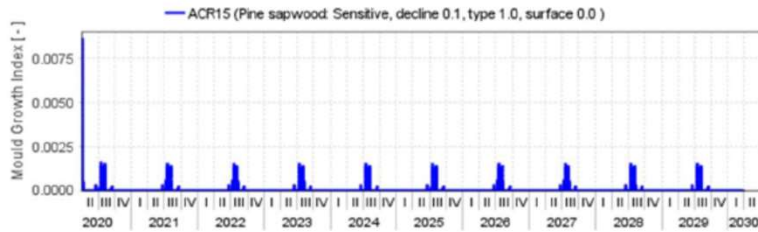


Figure 23: Timber clad wall, northern orientation, Nathers CZ66, AS4200 Class 4 permeable building membrane (1.1403 ug/N.s) ACR 15

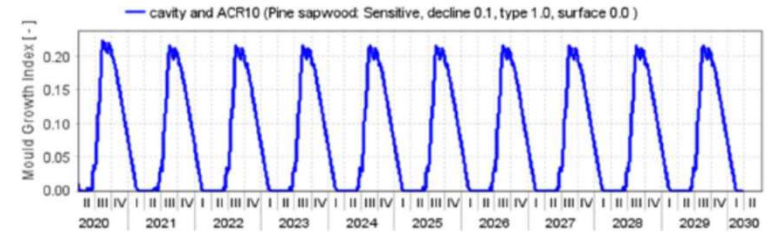


Figure 24: Timber clad wall, northern orientation, Nathers CZ66, AS4200 Class 4 permeable building membrane (1.1403 ug/N.s) ACR 10

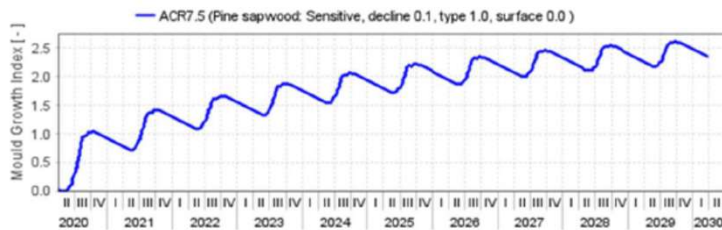


Figure 25: Timber clad wall, northern orientation, Nathers CZ66, AS4200 Class 4 permeable building membrane (1.1403 ug/N.s) ACR 7.5

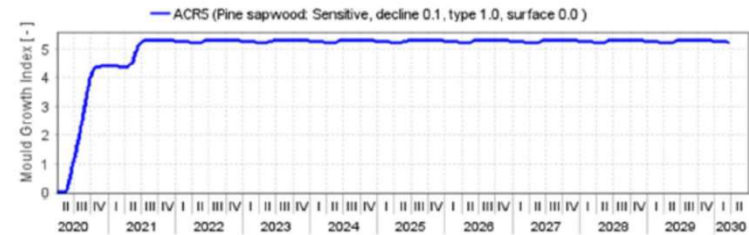


Figure 26: Timber clad wall, northern orientation, Nathers CZ66, AS4200 Class 4 permeable building membrane (1.1403 ug/N.s) ACR 5.0



Vented cavity systems (mass vapour transport)

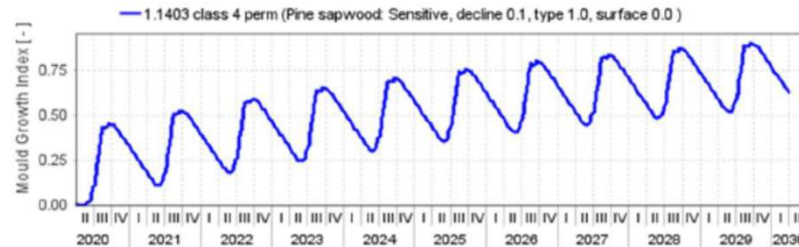


Figure 21: Timber clad wall, northern orientation, Nathers CZ66, AS4200 Class 4 permeable building membrane (1.1403 ug/N.s)

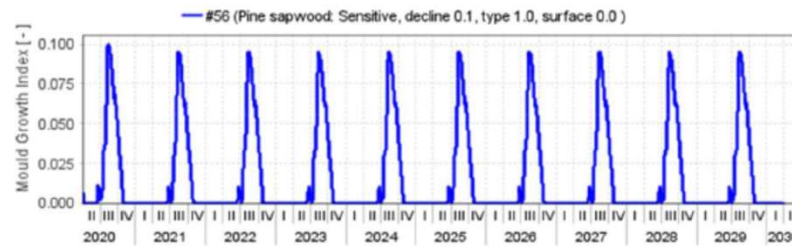


Figure 22: Timber clad wall, northern orientation, Nathers CZ66, AS4200 Class 4 permeable building membrane (1.1403 ug/N.s)

Designing Healthy Homes

Questions?

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https://www.researchgate.net/profile/Mark_Dewsbury