

# Healthy Indoor Environment (Canada)



5 hours to complete, and quizzes.

Quizzes plus practice exercises

## COURSE DESCRIPTION

Healthy Indoor Environment (HIE1) covers the fundamentals of indoor air quality, healthy housing materials, and ventilation needs to ensure the home's occupants are healthy and comfortable. Most North Americans spend upwards of 90 percent of their time indoors -- choices made during construction and renovation can impact their quality of life. You will learn how to identify, remedy, and avoid pollutants.

Each module includes a downloadable study guide to accompany the online learning program. There is a review and quiz at the end of each module to help you gauge your understanding of the topics covered.

## Objectives

After completing this course, you will be able to:

- Describe the factors that impact indoor air quality (IAQ)
- Explain methods of controlling moisture and pollutants in a number of situations
- Describe healthy construction assembly and finish materials
- Explain the causes, signs and risks of combustion spillage
- Describe radon testing and acceptable mitigation methods
- Explain the need for mechanical ventilation in new and existing houses
- Describe the requirements of the CSA F-326 Ventilation Standard
- Distinguish between types of mechanical ventilation systems

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## COURSE OUTLINE

### Module 1: Indoor Air Quality

#### Sources

- Airborne
- Moisture-Related

#### Symptoms

- Occupant
- House Structure

#### Solutions

- Eliminate
- Filtrate
- Ventilate

### Module 2: Healthy Housing

#### Materials

- Construction Assembly
- Finishes

#### Combustion Spillage

- Signs
- Risks
- Remediation

#### Radon

- Identifying
- Testing
- Controlling

### Module 3: Ventilation Requirements

#### Why Ventilate?

- Controlling Air Flow
- Air Filtration
- Occupant Impacts

#### F-326 Standard

- Room Count
- Ventilation Capacity
- Depressurization

#### Systems

- Exhaust Only
- Supply Only
- Balanced Whole House