

Presentation in the REHVA seminar  
HVAC for Net Zero Energy Buildings  
at ISH Frankfurt March 17, 2011

# Indoor Air Quality and Climate Consideration in Zero Energy Buildings



*Dr. Risto Kosonen*

*Halton Group*

- The construction sector covers 7% of total employment and 28% of industrial employment in the EU
- 50% of all materials extracted from the earth's crust are transformed into construction materials and products
- Buildings consume 40% of all energy

70-85% of buildings that will exist in 2030, exist today.





# Requirements towards more energy efficient buildings

EBPD demands Member States to fix and implement:

- A methodology to calculate and rate the energy performance
- Minimum energy performance requirements (nZEB) for new and for major renovation
- Energy performance certificates
- Regular inspections of heating and air-conditioning systems

Ecodesign Directive main legal instrument to improve the environmental performance of **energy-related products**



Wellbeing and health of people

Environment friendly

Life time cost effective

Sustainable Indoor Environment



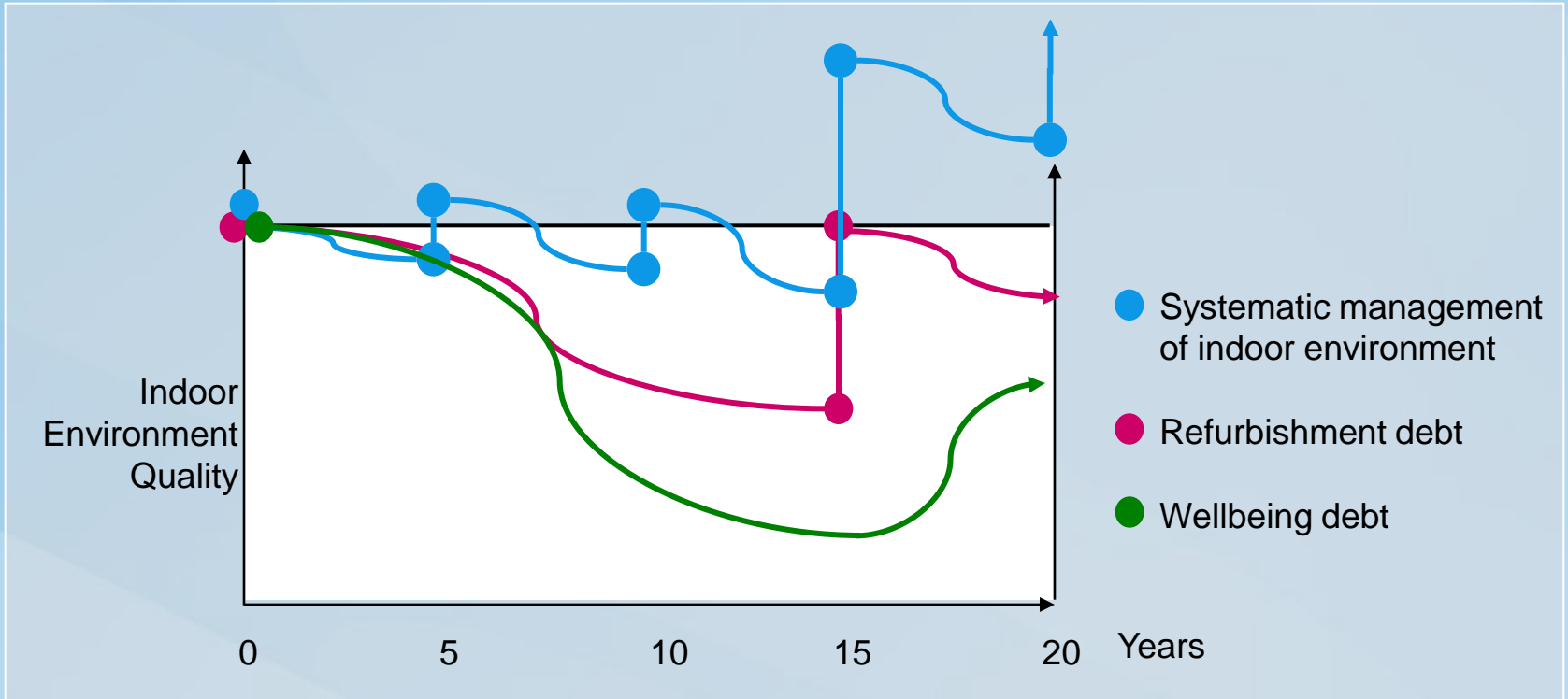
# Healthy and Satisfied Persons

- Clean air to breath.
- Thermal balance is a result of a various environmental conditions.
- Comfort sensation depends on the individual: the metabolism, the activity level of body and the clothing resistance.
- Light is the most important factor influencing our daily rhythm.
- Disturbing sound environments cause irritation
- Discomfort increases stress hormone level, breaks and sick leaves and reducing productivity.

In comfortable environment  
human brains work more  
effectively.

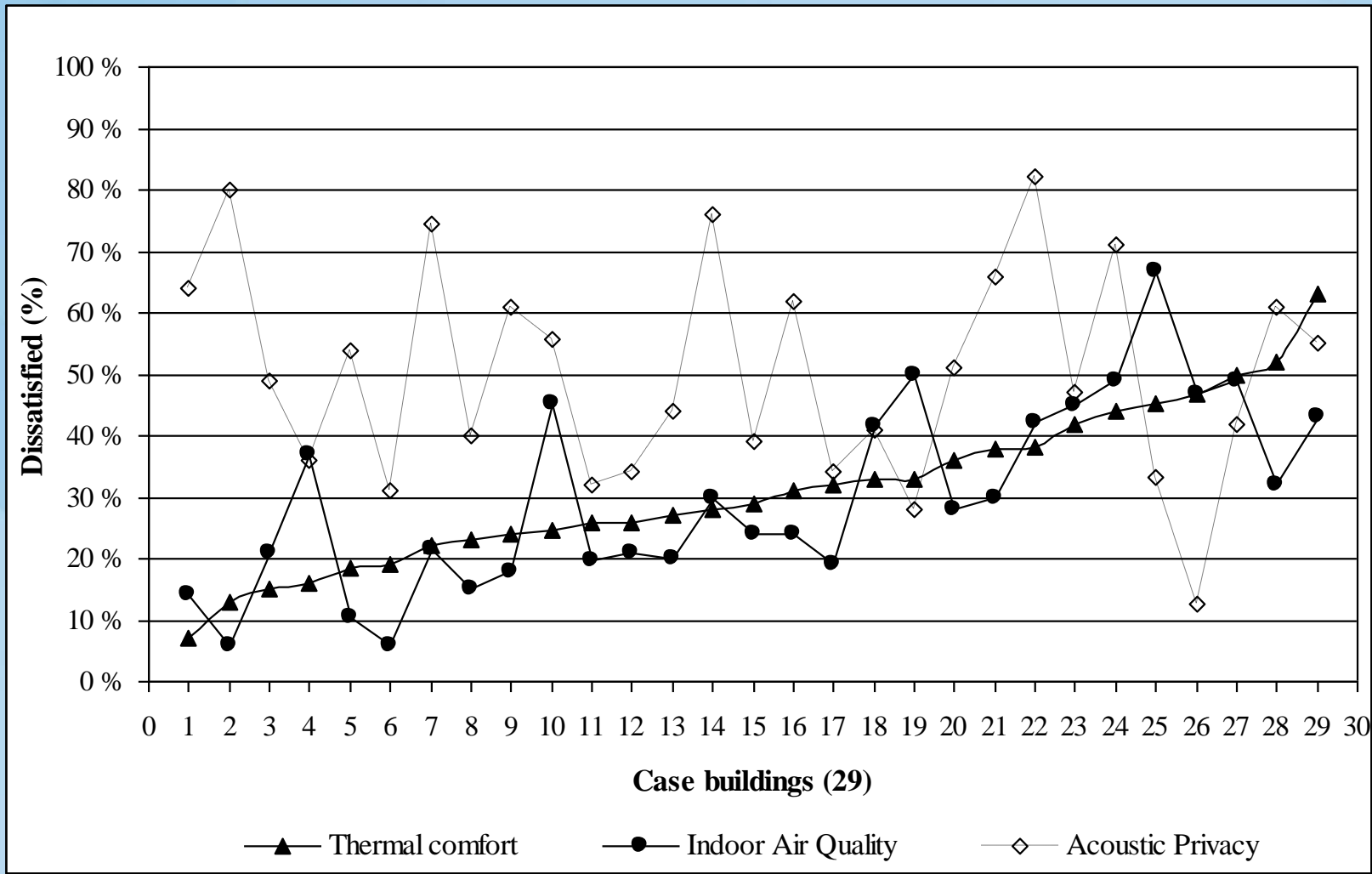


# Indoor Environment and Wellbeing Debt



- Wellbeing debt grows slowly
- After refurbishment it disappears slowly

# The percentage of the dissatisfied on thermal comfort, air quality and acoustic privacy



# Dissatisfaction in Office Environment

(thermal comfort of the whole body)

< 6% (A-class, pr EN15251)

> 30 % (real projects)

Is project designed poorly ?

Is building built wrongly ?

Is maintenance poor ?

Are spaces used wrongly ?




What should we do as an industry?

# Sustainability

1. Conservation of energy, water and materials
2. Sustainable sites and transportation
3. Outdoor atmosphere
4. Indoor environmental quality
5. Waste

*Source: LEED™ (Leadership in Energy and Environmental Design)  
standard of US Green Building Council*

# Sustainable Living Environment

Energy	
Manufacturer Model	Fridge-Freezer
<b>More efficient</b>	
A	<b>A</b>
B	
C	
D	
E	
F	
<b>Less efficient</b>	
G	
Energy consumption kWh/year (Based on standard test results for 24h)	<b>325</b>
<small>Actual consumption will depend on how the appliance is used and where it is located</small>	
Fresh food volume l	190
Frozen food volume l	126
	<b>***</b>
<b>Noise</b> (dB(A) re 1 pW)	
<small>Further information is contained in product brochures</small>	
<small>Norm EN 153 May 1990 Refrigerator Label Directive 94/10/EC</small>	

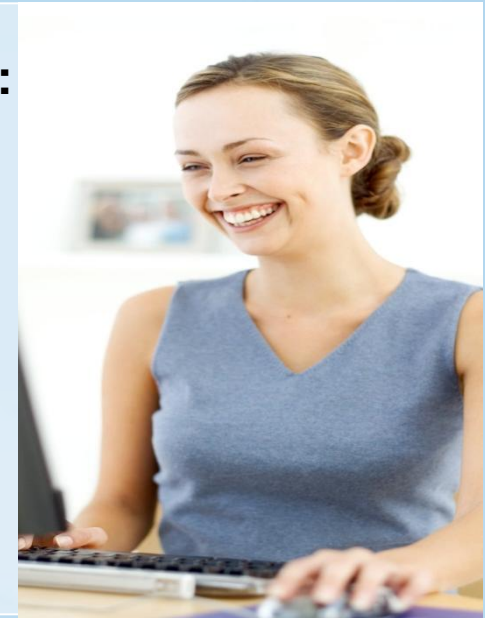
## ENVIRONMENT

Use of energy  
and other  
resources

VS

## WELLBEING:

Healthy,  
productive,  
comfortable  
indoor  
environment





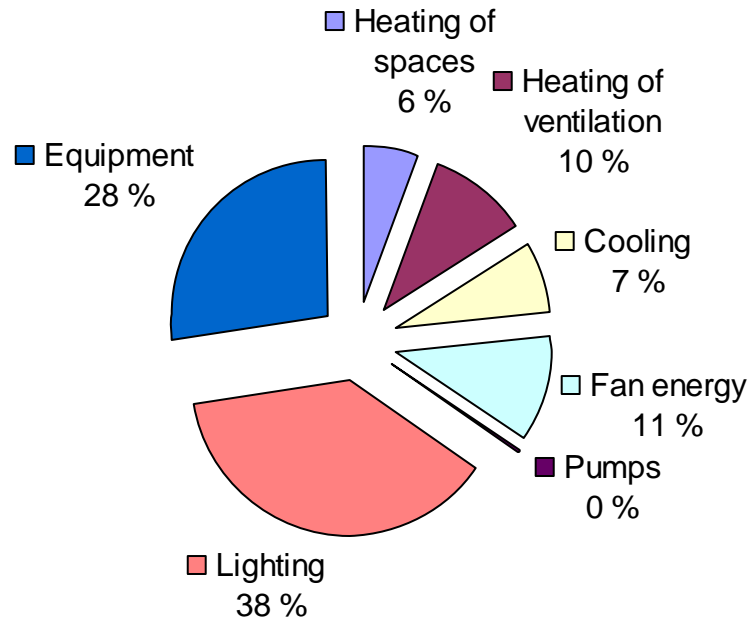


# Aspects of implementation and impacts of EPBD in member states: The meaning of Ventilation

- Underestimation the meaning of ventilation in energy consumption
- Ignorance of possible productivity effect of indoor air quality
- Health effects of indoor air quality is not really realized

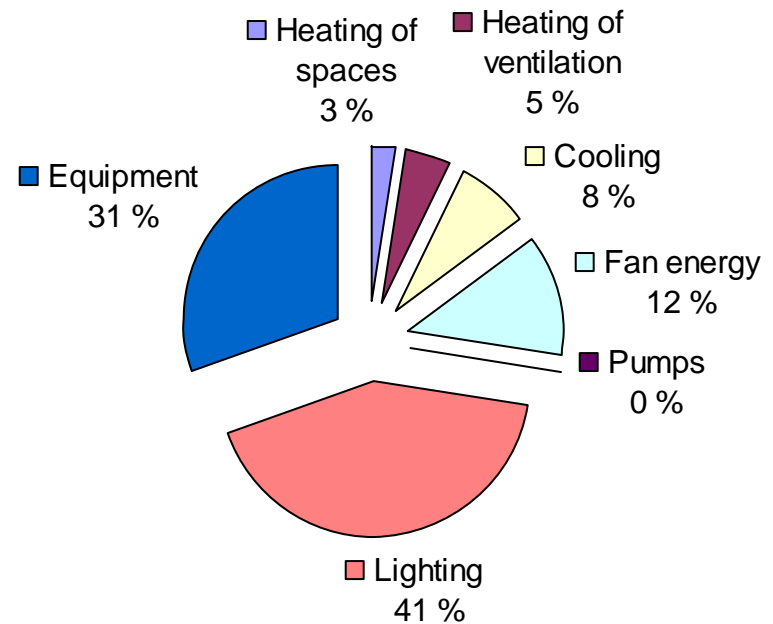
➤ **Healthy, productive, comfortable indoor environment should be the main focus: buildings are for people**

# Delivered and Primary Energy Consumption



Delivered energy 77.7 kWh/m<sup>2</sup>,a

HVAC + lights: 48.9 kWh/m<sup>2</sup>,a

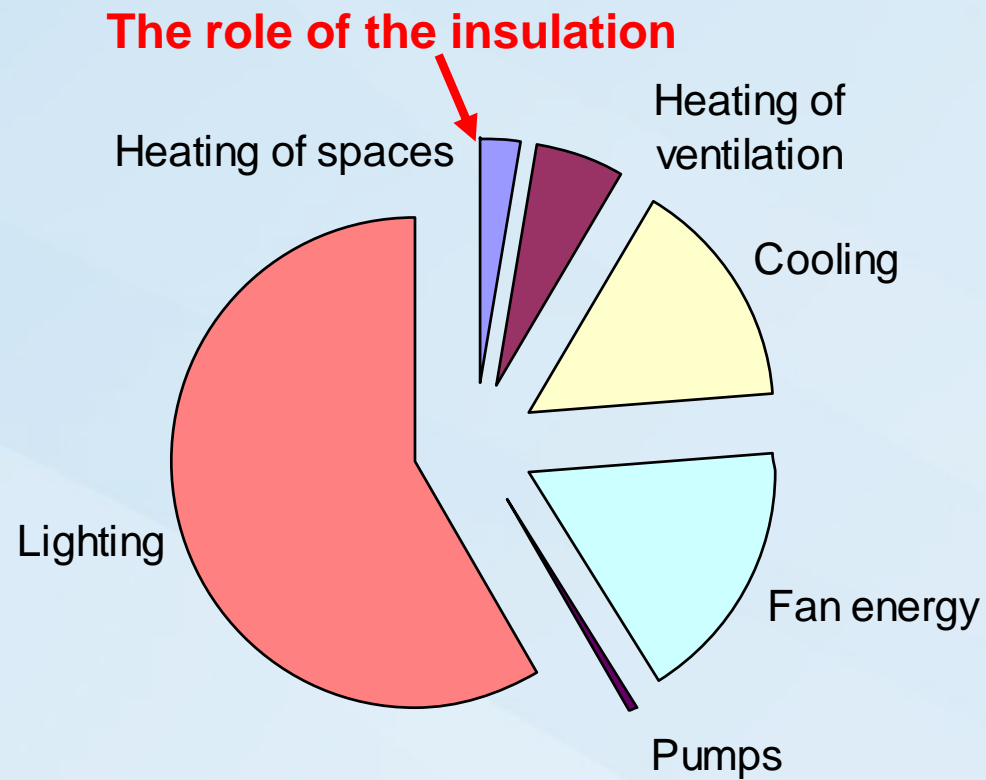


Primary energy 175.4 kWh/m<sup>2</sup>,a  
(Primary energy factors: Gas 1 , Electricity 2.5)

HVAC + lights: 125.9 kWh/m<sup>2</sup>,a



# Improvement in Primary Energy Efficiency: Focus should be on Building Services





**”Use technologies that enable the use of sustainable low energy cooling:  
- displacement ventilation  
- chilled ceilings  
- chilled beams”**

*Source: Sustainable low energy cooling: an overview  
CIBSE Knowledge Series, 2005*



# Demand Controlled Ventilation Saves Energy

**“Considerable amounts of energy can be wasted on ventilation of empty offices”**

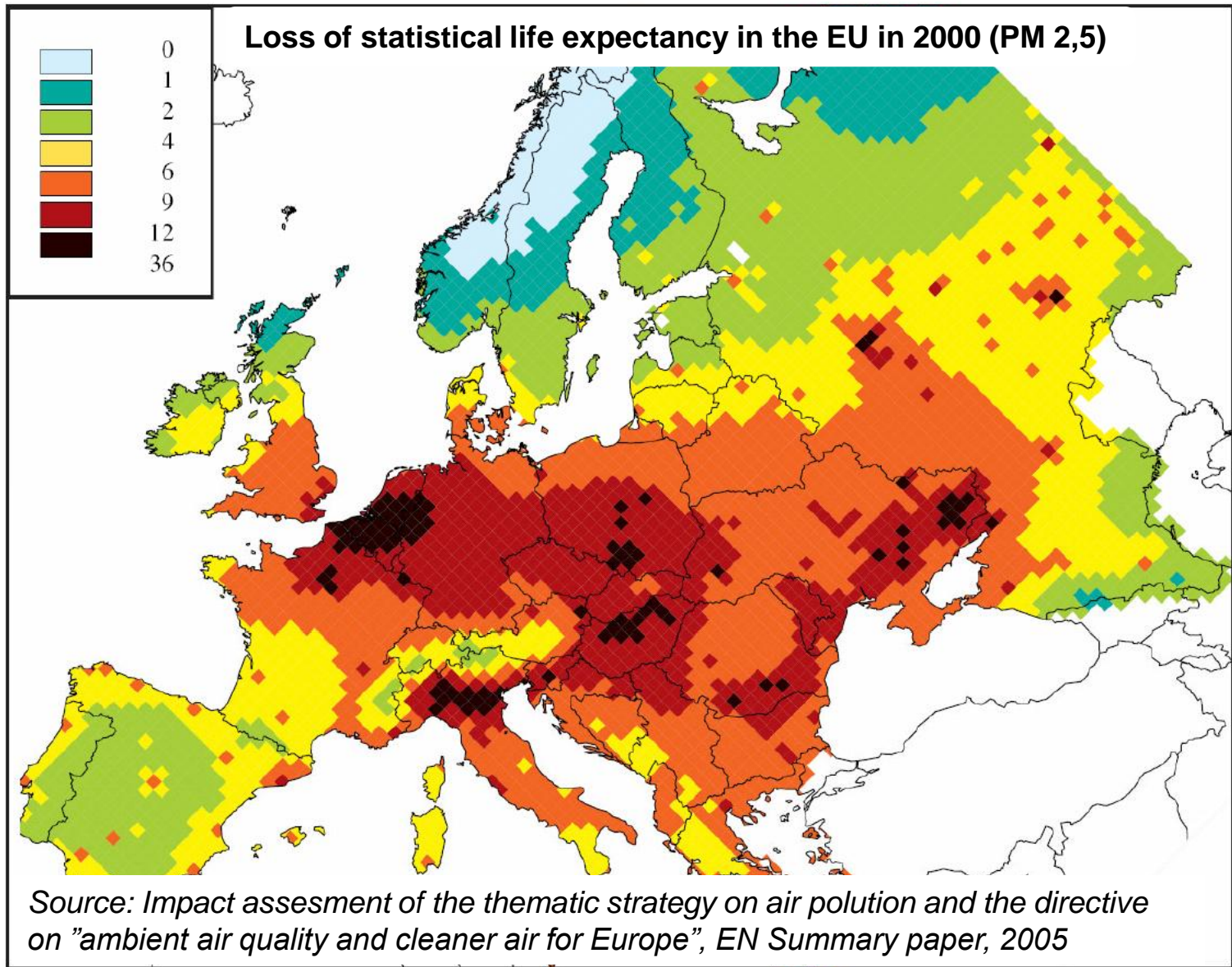
**“Reduced energy costs in demand controlled ventilation (DCV) alone will cover an investment of about 300 € in Norway or 700 € in Denmark per cellular office.”**

*Source: Demand controlled ventilation for office cubicles – can it be profitable?  
Mysen et.al., Energy and Buildings, 2002*

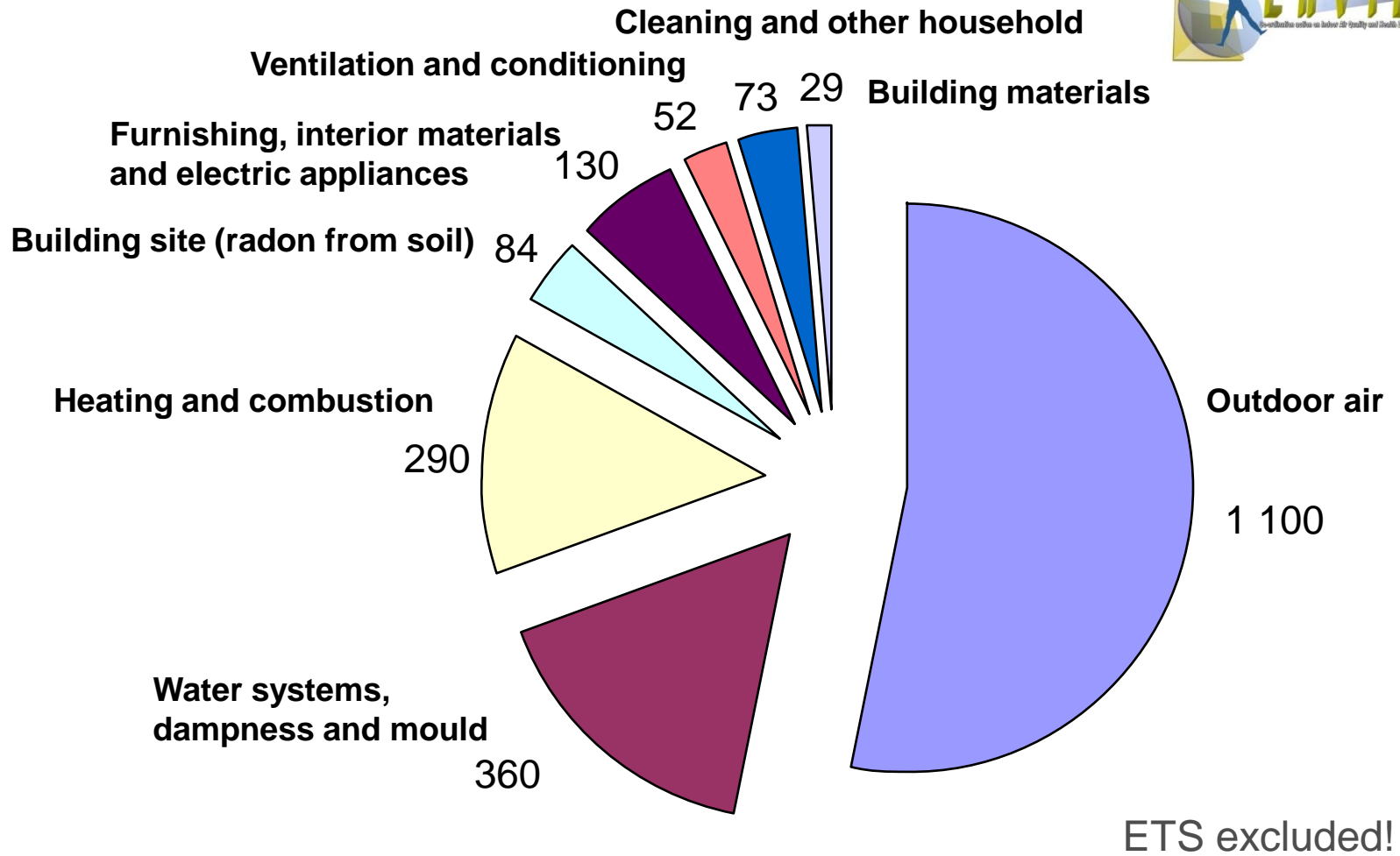
**Every year, indoor air pollution is responsible for the death of 1.6 million people - that's one death every 20 seconds.**

*Source: WHO fact sheet n:o 292, Indoor Air Pollution and Health, 2005  
[www.euro.who.int](http://www.euro.who.int)*





# Source of indoor air contaminants in EU-27



# Effect of Ventilation System

”In more recently built buildings with advanced filtered mechanical ventilation and air conditioning systems, the infiltration of outdoor air fine particles (PM<sub>2,5</sub>) is significantly lower than in old buildings with natural ventilation via open windows and vents.”

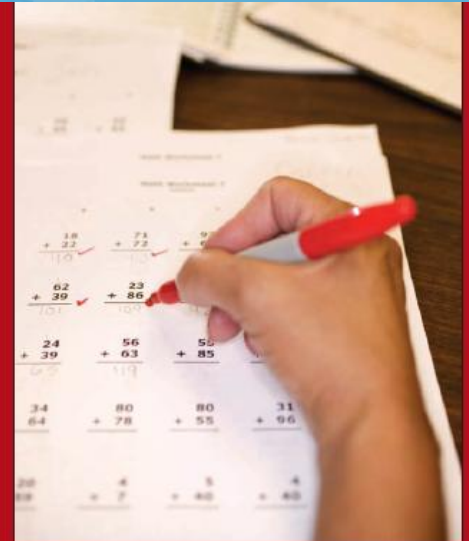
*Source: Hänninen, et.al, Reduction Potential of Urban PM<sub>2,5</sub> Mortality Risk Using Modern Ventilation Systems in Buildings, Indoor Air 2005*

# Indoor Climate and Productivity

- "A minor 1 % (5 min/day) increase in office work can off-set the annual cost of ventilating the building."
- "Doubling the outdoor air supply rate can reduce sick leave prevalence by 10 %, and increase office work by 1,5%."

Source: Wargocki, Seppänen: *Indoor Climate and productivity in Offices*, Rehva guidebook n:o 6, 2006.

*'...air quality and temperatures in classrooms are important factors in the learning process and improving them should be given as much priority as improving teaching materials and methods.'*



**Research Report on**

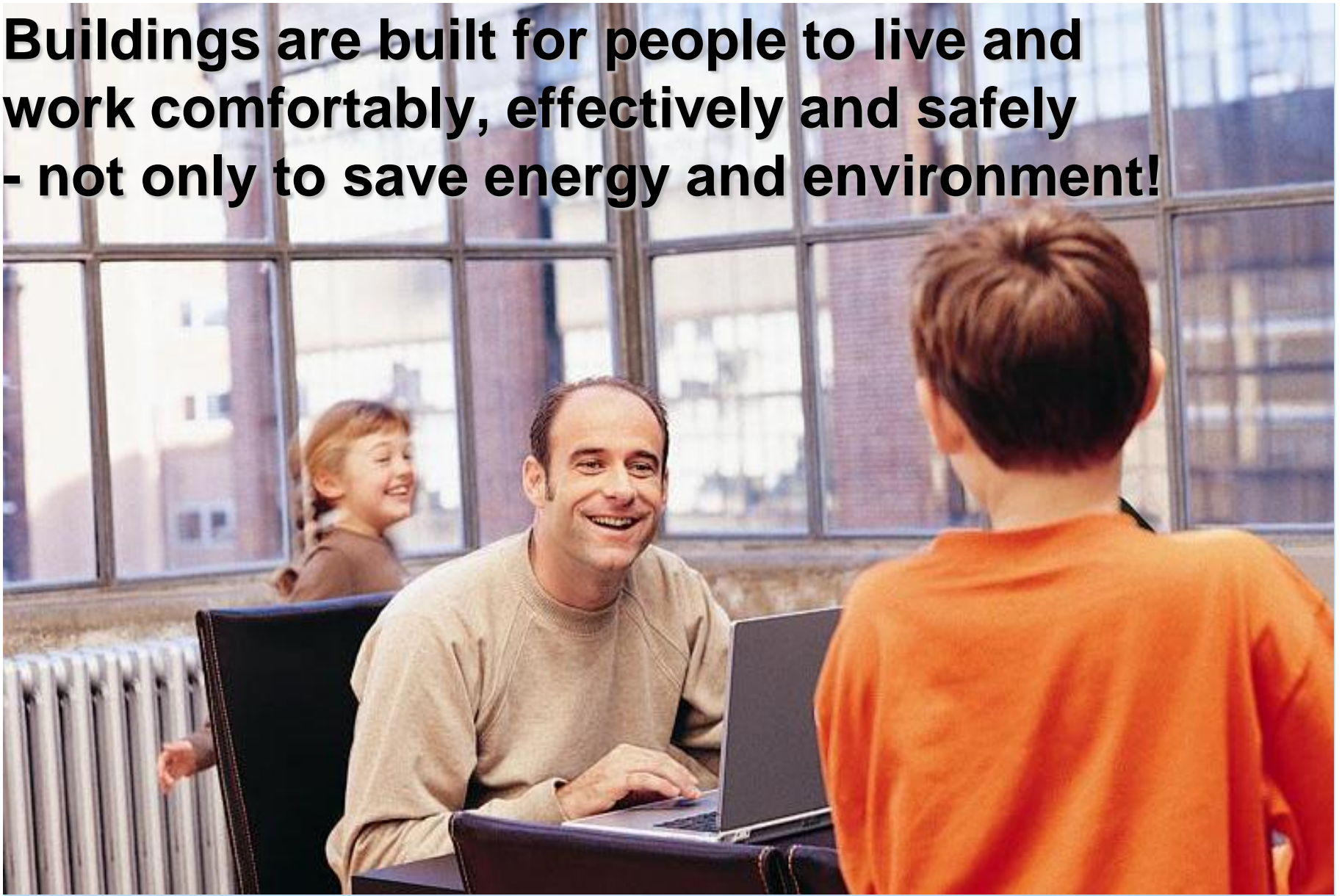
## **Effects of HVAC On Student Performance**



# Sustainable Indoor Environment

- Well insulated and tight buildings with good solar shading.
- Mechanical air intake with good outdoor air filtering.
- Demand based ventilation.
- Right temperature, high air quality, low velocities and noise in the space.
- Low energy cooling and heating technologies and renewable energy.
- Individual control of indoor environment.

**Buildings are built for people to live and work comfortably, effectively and safely - not only to save energy and environment!**





A thought to finish

“You cannot fight against the future,  
time is on our side.”

William Ewart Gladstone

