

## Residential Buildings: Considerations for Building a Healthy Home



**Online**



**In-office**

### AACA Competency: Design

**Module Outline:** It is not often that we ask ourselves, what is a home? A home should provide shelter, privacy, safety and should be a safe-haven which preserves our physical and mental health. A residence that fails to offer these essentials through adequately designed and properly maintained interiors and exteriors is not healthy a healthy home. The design, construction, and maintenance of our homes are perhaps more important to our wellbeing than we previously believed. We may then ask the question, what constitutes a healthy house?

The module will explore residential buildings and the potential for indoor air quality problems, but also the impact the acoustics and thermal comfort have on our health and the health of our some. With thoughtful design and product specification we can ensure occupant health and safety. In this module we will provide specifiers with a framework for best practice design and specification.

As most of us spent a vast amount of time indoors, it only makes sense that we pay closer

attention to the quality of our homes, specifically the health of our homes. Thermal comfort, noise reduction, improved air quality, and ensuring that the correct building materials are selected to reduce damp and mould formation which are some key considerations, as are considerations for fire prevention and energy efficiency.

### Learning Objectives:

1. Understanding the measures required for effective noise control.
2. Material considerations to achieve and maintain better indoor air quality.
3. Understanding and improving thermal comfort in residential buildings.

**Outcome:** The intent of this module is to create a resource for architects and builders to refer to for the construction of new residential developments or the renovation of existing houses with the emphasis on creating a healthy house.

**Who May Benefit:** Architects and specifiers working in Residential design environments who seek clarification and inspiration around higher performing materials and design principles.

**Module Creator:** Lisa Palamara has a Bachelor Degree in Social Sciences with a double major in Sociological and Legal Research methods. Lisa's academic research has expanded to include 3 years of Architectural research and document development for Architectural Education modules nationwide. Lisa analyses sociological methods and applies them to the architectural design process.

**Duration:** 1 hour

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