The HERS Associate and Taking the Performance Path

Module 1 – Fundamentals of Building Science



VIRTUAL HIGH PERFORMANCE HOME SUMMIT 2020

EEBA SEPT 29 - OCT 9 | ONLINE VIA WHOVA

Presented by: Mike Barcik

综 Southface



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Introductions



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About Southface





• Building a Regenerative Economy, Responsible Resource Use & Social Equity Through a Healthy Built Environment for All www.southface.org



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Module Learning Objectives – Building Science Fundamentals

- Understand the concept of houses are systems
- Master Heat flow
- Appreciate Air movement
- Comprehend Moisture transport
- Learn from real world application



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Continuing Education

Provider



The house as a system

A house is a system made up of interrelated parts:

- The building thermal envelope
- The weather barrier
- Space conditioning
- Ventilation
- Lighting & appliances & plumbing
- The site and neighboring homes



• All efficiency measures should take occupants into account (e.g., air sealing & ventilation)





Building Science:

- Employ scientific principles from a variety of fields that govern building performance
- Optimize building performance and understand, predict, prevent and correct building failures
- Systems approach to houses
- Physics of:
 - Heat: Flows from hot to cold
 - Air: Flows from high pressure to low
 - Moisture: Flows from wet to dry (liquid and vapor)



Occupants – Question 1

In your opinion, how much impact do the occupants have on building performance?

- A. < 10%
- B. Between 10 & 15%
- C. I don't know but I think it's a lot





Building Science: Heat transfer

- Heat is a form of energy
- Heat moves from hot to cold
- 3 methods of heat transfer:
 - Radiation: Heat emits from a hot surface or hot object, e.g. hot coals
 - **Conduction:** Heat moves through a material by contact, e.g. the grill grates
 - Convection:
 Heat energy carried by a fluid,
 e.g. the air inside the covered grill





Heat transfer: Radiation

• **Radiation** is the movement of heat from a hot surface to a cooler surface with nothing solid or opaque in between







Heat transfer: Radiation

• Low-emitting surfaces slow radiation







Mean radiant temperature

- When the surfaces in the home (walls, floors, ceilings, windows, and doors), are different than the room air temperature, additional body heat can be lost or gained through radiation.
- This can have a major impact on comfort





 $(T_{H}^{4} - T_{L}^{4}) = (660^{4} - 550^{4}) = (190Billion - 91Billion) = 100Billion$

Heat transfer: Conduction

• Conduction is heat flowing through a solid material (insulation slows conduction)





Heat transfer: Convection

Convection is the transfer of heat caused by the movement of a fluid, like water or air (air barriers slow convection)



Convective Loop



- Air movement due to temperature and pressure gradients
- Air rises along warm surface and falls along cold surface
- Creates circular movement of air within enclosed space (wall cavity, band between floors, even a room within living space!)
- Increases heat flow and can reduce insulation effectiveness





Question 2

On the following slide, a section of an attic on a hot afternoon is featured. Describe the dominant type of heat transfer for each segment described. Answer choices:

- Conduction (solid)
- Convection (air)
- Radiation (surfaces)





Spray foam rooflines

There are multiple ways of defining the building thermal envelope.

What's the advantage when a home's envelope is defined by the roof, not the flat ceiling?





Thermal Boundary

- Limits heat transfer between inside and outside.
- Identified by the presence of insulation.
- The location of insulation in relation to other building components is critical to its effectiveness.
- Even small areas of missing insulation are very important.
- Voids of 7% can reduce effective R-value by half.





Building Thermal Envelope





• Heat transfer through a solid object: the formula for calculating transmission heat loss is: _____

 $q = U \times A \times \Delta T$

- q = heat flow (Btu/hr)
- U = inverse of R-Value [U=1/R, R=1/U] (Btu/hr ft²°F)

U is referred to as the *Conductance* or *Thermal Transmittance*

- A = area (square feet)
- ΔT = temperature difference across component (°F)



Btu = British Thermal Unit

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Conduction Example



- Low R-value (R-5)
- (1/5) x 500 x (70-20) = <u>5,000</u> Btu/hr

High R-value (R-10) (1/10) x 500 x (70-20) = <u>2,500</u> Btu/hr

 $\mathbf{q} = \mathbf{U} \mathbf{x} \mathbf{A} \mathbf{x} \Delta \mathbf{T}$ Total = <u>7,500</u> Btu/hr







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à,

al for





Insulation Coverage is Key!





Attic Stairs



•Attic pulldown stairs efficiency retrofit



Attic Hatch



•Attic scuttle hole efficiency retrofit



•Whole house fan insulated cover efficiency retrofit



Keeping Attics Cool

- Dark, asphalt shingles are excellent solar collectors (unfortunately)
- One option is to reduce the solar gain into an attic by using a less absorptive roofing material such as an ENERGY STAR shingle or metal roof with reflective coating









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Radiant Barriers

- All materials give off, or emit, energy by thermal radiation as a result of their temperature.
- Radiant barriers work by reducing heat transfer by thermal radiation between the roof and the rest of the attic.
- According to the Oak Ridge National Lab, radiant barriers can reduce cooling bills by 2-10 percent.





• RB decking is easiest for new construction

• Perforated products permit the decking to "breath," allowing the passage of moisture

Radiant Barrier Installation ROOF DECK • Radiant barriers can be METHOD 1 installed four ways: 1. Along top chord of truss DOUBLE- OR SINGLE-SIDED RA BARRIER STAPLED TO TRUSS 2. Against the roof deck ROOF DECK METHOD 2 (with an air space) 3. As part of the roof ROOF DOUBLE- OF decking assembly (foil ROOF DEC or spray-on product) METHOD 3 4. On top of ceiling insulation DR ROLLER 38 • Attic catwalk / platform retrofit





Air Leakage



Building Science: Air Movement

- Air moves from high pressure to low
- Air leakage requires
 - A hole or pathway •
 - A pressure difference
- 3 forces cause pressure differences:
 - Wind
 - Stack
 - Fans



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Air leakage

Air leakage requires two things: A hole (we can get rid of these) Pressure differences across that hole (we really can't eliminate these) • The bigger the hole or higher the pressure difference, the more airflow. To reduce airflow, we could lower the pressure 0 difference or reduce the number of holes. Graphic developed for the US DOE WAP Standardized Curricula

Air Leakage

- Airflow is measured in cubic feet per minute, also written as ft³/min, or CFM.
- 1 CFM out = 1 CFM in
- Airflow takes the path of least resistance.
- Air moves from high to low pressure areas.
- Warm air rises, cool air sinks.



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Air Leakage: Pressure





Driving Forces: Wind Effect



Driving Forces: Stack effect

Warmer air rises and escapes out of the top of the house...

...which creates a suction that pulls in outside air at the bottom of the house.





Stack effect

- Function of
 - Building Height
 - Temperature difference



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Driving Forces: Mechanical effect



Fans—Driving Forces for Infiltration

Device	CFM
Bath	50
Range hood	150
Downdraft hood	500
"Commercial" Hood	1500
Dryer	200
Air Handler	400 / ton





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Make up air for large kitchen hoods

Details

- Motorized damper for make up air (not shown)
- Wire damper to open when fan operates



Figure 2: Capture the Effluent. The first thing we make sure is that the exhaust hood actually works to capture the effluent. The hood must overhang the cooking surface big-time. The absolute best approach is to use a backshelf hood with side panels and large overhangs on both sides and the front. Backshelf hoods can typically use 30% less exhaust to capture bad stuff compared to other hoods. Side panels can get you another 30% improvement. Note the direct makeup air using a modified backwall approach such that this makeup air is introduced at floor level. This direct makeup air introduced at floor level should never provide more than 60% to 70% of the hood exhaust. Why? Ah, we need a zone of negative pressure around the cooking surface. You don't want to push the bad stuff; you want to pull the bad stuff.

http://www.youtube.com/watch?v=NsSvMB9bJeE

Driving Forces: mechanical effect

Duct Leakage

Duct leakage can create positive and negative pressures in different areas of the house

The pressures associated with duct leaks can be larger and more significant because the driving force is stronger.



Graphic developed for the US DOE WAP Standardized Curricula

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Driving Forces: mechanical effect





Driving Forces: mechanical effect

- Use a Blower Door as a Controlled Driving Force
- Using the blower door depressurizes the house, drawing air through all the holes between inside and outside.





What is a Pascal?

A Pascal is the unit of pressure in the International System of Units. Named after French scientist Blaise Pascal (1623-1662), it is abbreviated Pa.

1 Pa = 1 Newton of force applied over 1 square meter.





50 Pascals (0.2" w.c.) is approximately the same as a 20 mph wind blowing on all six surfaces of a house



Blower Door – Question 4

A blower door is used to depressurize a house to -50 Pa.

While the fan is running, the water in a sink's P-trap will...

- a. Be pushed downward by 0.2"
- b. Stay the same it wouldn't move
- c. Rise up (towards the house) by 0.2"
- d. Rise up (towards the house) by 1"



ANSWER: c. Water in trap will rise up 0.2" towards the house





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Managing Water Vapor

- Another reason to limit air flow in a home is to reduce moisture intrusion.
- Even a small hole can allow a large amount of water vapor into the building.





Air Barrier Installation

Air Barrier

- Limits airflow between inside and outside.
- The IECC defines the air barrier as materials assembled and joined together to limit air leakage.
- Should be collocated with the thermal boundary
- New homes wall sheathing Old homes – wall interior finish





Air Seal Exterior Sheathing

- No unsealed gaps
- Tape or caulk sheathing seams / penetrations
- Caulk or glue to framing





- Seal to framing, top plate, bottom plate
- Seal window & door openings
- Seal all penetrations

Shower/Tub on Exterior Wall





Shower/Tub on Insulated Wall

• Coordinate with your subcontractors so that insulation and air sealing details are not missed before it is too late!







Plumbing and wiring





Cantilevered floor





Fiberglass does not stop airflow!





Garage Separation





Cantilever support wall



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Duct Shafts

Cap chases with rigid material and seal tight around ducts or flue pipes




Duct Shafts



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Recessed Lights

• Standard Can Light



Airtight and IC Rated



- All recessed luminaires shall be labeled as having an air leakage rate not more than 2.0 cfm tested at 75 pa
- All recessed luminaires shall be sealed with a gasket or caulk between the housing and the interior wall or ceiling covering

Air Sealing After Drywall

- Top plate to drywall (interior wall cavities often connect to attic)
- HVAC, plumbing and electrical penetrations





Sill (bottom) plate





Sill (bottom) plate

- Dirty carpet on **exterior** wall indicates leak at wall sill plate
- On **interior** wall indicates wall leaking to attic





Air Sealing 101 - No BIG Holes!

- First, cover with sheet material and seal
- Then insulate





Air Sealing - Tubs



Looking for Leaks







Sealing Attic penetrations



Changes in Ceiling Height





Changes in Ceiling Height





Sealing Attic Kneewalls

An attic *kneewall* has unconditioned attic space on one side and conditioned space on the other







ATTIC KNEEWALLS





(Want higher R-value with attic- side air barrier)





No Blocking under Attic Kneewalls







Proper Blocking under Attic Kneewalls





Sealing ducts with mastic



Sealing wall hvac boots



Forms of Moisture flow

Building Science: Moisture transport

- Moisture moves from wet to dry
- Liquid water flows downhill (but can be wicked up)
- Water vapor diffuses from high concentration to lower concentration
- Air movement can carry lots of humidity





Forms of Moisture flow

LIQUID and

Bulk

Liquid water (rain, drainage, plumbing leaks)

Capillarity

Wicking through porous materials (concrete, wood, paper drywall, fiberglass and cellulose insulation)



Wet	

VAPOR

Diffusion

Molecules of water moving through porous materials

Infiltration

Moisture laden air brought into the house



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Managing Bulk Moisture

- Foundation waterproofing
- Proper site drainage
 - Gutters channel water away from foundation
- Drainage planes with proper flashing in walls allows water to escape (e.g. behind brick)





Encountering Bulk Moisture





Managing Bulk Moisture

Foundation waterproofing

- Plastic under slab
 - o Gravel base under plastic
- Waterproofing foundation wall
 - o Drainage mat, dimpled with filter, then backfill
- Footing
 - Wrap footing in plastic –tie into other plastic and waterproofing
 - $\circ~$ OR waterproof top of footing before stem wall is poured
- Foundation drain tile
 - Adjacent to footing (better than on top)
 - Routed to daylight or sump pump
- Positive exterior drainage
 - o Gutters, downspouts, grading slopes away from foundation



Capillary break at top of stem wall



Bulk Moisture – foundation waterproofing



Managing Bulk Moisture

• Proper site drainage is crucial





Bulk Moisture Control

- Proper site drainage
 - Swales
 - Positive slope grading
 - French drains



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Bulk Moisture Control

- Proper site drainage
 - Swales
 - Positive slope grading
 - French drains





Bulk Moisture Control

- Proper site drainage
 - Swales
 - Positive slope grading
 - French drains





Bulk Moisture Control

- Proper site drainage
 - Swales
 - Grading with positive slope
 - French drains





Encountering Water Vapor



Managing Water Vapor



The measurement of the permeability of a material is its **Perm Rating**

Vapor Diffusion Retarders



Moisture – Question 5

- Which of these is not one of the four forms of moisture transport?
- 1. Bulk
- 2. Capillarity
- 3. Air Movement
- 4. Diffusion
- 5. Flux Capacitance

Flux Capacitance





Psychrometrics

Moisture: Some Definitions

- **Psychrometrics:** The measurement of water vapor and heat in an air sample
- Absolute humidity: The ratio of the mass of water vapor to the mass of dry air in a given volume of air at a given temperature the amount of moisture in the air (grains)
- **Relative humidity:** is the percent of moisture absorbed in the air compared to the maximum amount possible (the amount of moisture in the air in relation to the amount of moisture the air could hold at that temperature)
- **Dew Point:** The temperature at which water vapor condenses into liquid (related to absolute humidity)





Moisture Vapor content

- Ideal Health & Comfort is **~50% RH** at room temperature (~72°F)
- Building decay
- Interior Mold
- Dust Mites

• Viruses

Static electricity, dry sinus



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Temperature and Relative Humidity



100% RH



· Warm air can hold more moisture than cold air









Practical applications

Moisture transport Drainage Planes and Cladding





building paper, 4" min. lap Cladding – Brick Veneer Steel angle lintel eep holes, 16" o.c. ing 1º min. air sg Brick ties every stud (16" o.c. horizontally) and 24" o.c. vertically estall foundation flashing above grade; fill cavity below solid with Water shedding surface ٠ • Gap / air space Brick Veneer ANATOMY Since the 1950s, me which require a dra avoid water damag Concave or V-shap joints shed water. A 2-in. drainage cavity allows water to flow down the back of bricks. ough weap res or ope Nail back leg above base. • Weeps are critical 127



"The bitterness of poor quality remains long after the sweetness of low price is forgotten" -Benjamin Franklin

Housewrap as a Weather Barrier



Managing Bulk Moisture – flashing







No Weather Barrier

- Rotted siding
 - Air leakage
 - Wicking





Alternative WR Barriers

 WRB preattached to sheathing





Fluid-Applied Weather Resistive Barrier



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Retrofit: Lap Siding nailed directly to studs





Siding Drainage Plane Retrofit



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Siding Drainage Plane Retrofit





Install Structural Insulated Sheathing (SIS)



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Set Nails in SIS





3" Insect Screen Before Furring



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3/16" PT Furring Strips (with lower end primed)

Aligns with Wall Studs and Covers Top Half of Insect Screen





Bottom of Screen Folded Up & Stapled





3/16" Gap Between Siding & WRB



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Siding Installation





Siding Drainage Plane Retrofit



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Siding Drainage Plane Retrofit





Kitchen hood exhaust penetration





Siding Drainage Plane Retrofit



Constructing a system







Question 7 Moisture (Setup)

On the following slide, 4 different moisture scenarios are described. Define the likely method of transport.

Answer choices:

- Bulk (liquid flow)
- Capillarity (liquid wicking)
- Air Movement (infiltration humidity)
- Diffusion (molecular movement)



-

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Question 7: Moisture Scenarios

- 1. A homeowner notes that their house is on a hillside and digs a shallow swale to divert flow around their foundation.
- 2. After taking a shower, a homeowner runs an exhaust fan for 30 minutes to remove the moisture.
- 3. A homeowner notes that the bottom 6" of the drywall in the garage has some mold growing on it (even though the plumbing line leak that flooded the garage last month was vacuumed up fairly quickly).
- A homeowner notes that plastic installed over their crawlspace ground frequently has water droplets underneath it.

- Answer choices:
- Bulk (liquid flow)
- Capillarity (liquid wicking)
- Air Movement (humidity)
- **Diffusion** (molecular movement)





Questions?



- June 4: It All Begins with Building Science
- June 11: Cracking the Building Energy Code
- June 18: Demystifying Energy Modeling
- June 25: Healthy Homes Matter Understanding IAQ & Ventilation
- July 2: An Industry That Puts It All Together: The World of HERS Raters

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