

Diet and exercise are not the only keys to a healthy lifestyle. A clean environment and fresh air are also necessary to ensure health and comfort.

Since Canadians spend an average of 90% of their time indoors, the quality of the indoor air is at least as important as the quality of the air outside. Nonetheless, studies show that levels of pollutants may be two to five times higher indoors than outdoors, depending on several factors:

- Air tightness of the building envelope
- The type of activities taking place within the building
- The effectiveness of the ventilation system and filtering of outside air
- The selection of finishing materials and furniture

Because Tridel strives for high quality, air tight construction to avoid heat loss in winter and to control odor transfers between suites, we take extra care in designing effective ventilation and selecting low-emitting finishing products.

State-of-the-Art Ventilation

Tridel ensures that there are always large volumes of filtered fresh air available for every suite in the building and that all stale air is directly vented to the outside through exhaust fans attached to kitchen rangehoods, bathroom fans and dryer vents. Air tightness between suites and strategic pressure balancing between suites and common areas ensures that odors and pollutants will not migrate from one suite to another.

Tridel communities also benefit from innovative approaches to ventilation that go well beyond simply supplying fresh air. To avoid using a lot of energy to heat and cool the large volumes of continuous filtered fresh air, Tridel installs heat recovery technology on the exhaust air. This allows the building to transfer energy between the exhaust air and the incoming fresh air without mixing the two air streams. For more information about Tridel's energy efficient ventilation systems, see the Naturally Better brochure, "Conserve Energy".

Indoor Air Quality Management

Construction activities can result in residual building contamination that can impair indoor air quality after construction is complete. For instance, HVAC systems can collect dust and particles after installation but prior to occupancy.

To avoid these problems, Tridel implements indoor air quality management plans during construction and follows up with testing prior to occupancy. This usually entails suite flush outs and replacing filter media prior to occupancy to ensure that the new resident moves into the cleanest possible new home.

Special attention is also paid to isolating storage areas for indoor chemicals required for routine maintenance.



Low-Emitting Materials

The “new condo smell” that welcomes homeowners into their new condo results from the off-gassing of Volatile Organic Compounds, or VOCs, that are contained in the products installed in the building.

What does Tridel do to reduce exposure to irritants, VOCs and other offgasing materials? For one thing, we look for environmental labels that ensure our products will not compromise indoor air quality. Carpets, for example, must comply with The Carpet and Rug Institute’s Green Label Indoor Air Quality Test Program. Paints and coatings must not exceed the VOC and chemical component limits of the Green Seal standard (or Canada’s Environmental Choice Program). Similar quality control measures apply when it comes to specifying adhesives and sealants.

In some cases, Tridel does away with the need of potential irritants altogether. In the case of hard surface flooring, no adhesives are required. This removes a significant source of indoor air pollution.

Individualized Comfort

Individual suites are equipped with comfort controls to allow homeowners to adjust settings within their home to make them as suitable as possible. Operable windows in every room also allow people to control access to fresh air. Additionally, each suite has been designed to maximize daylighting and views.

What You Can Do

Tridel can only do so much to ensure a healthy and comfortable indoor environment. A lot depends on the behavior and activities of residents within the building. When buying furniture and window and floor coverings, remember the care that has gone into safeguarding the health of your environment. Consider using environmentally friendly cleaning products around the home, and encourage your property manager to do the same when cleaning the carpets in the common areas.

And never smoke in the hallways or common areas.

For more tips on what you can do, visit the Tridel website at tridel.com