

# RESIDENTIAL CONSTRUCTION TRAININGS FOR SAFE, HEALTHY & SUSTAINABLE HOMES

In the Fall of 2010, Lapointe Lumber Company is partnering with the Maine Indoor Air Quality Council to host the Council's popular Residential Construction Training series. These programs are designed to educate residential building professionals on construction practices that minimize the risk of indoor air quality problems in new homes. The programs have been updated for 2010 to include references to the Maine Uniform Building and Energy Code, so that Maine building professionals can understand how the concepts presented in each of these trainings are, or are not, addressed by the new Codes.

Thanks to partnerships with generous supporters and sponsors, these high quality, building science trainings will be **free** to anyone wishing to attend. Please visit the website of the Maine Indoor Air Quality Council ([www.maineindoorair.org](http://www.maineindoorair.org)) for additional program descriptions, faculty biographies, and registration details.

## Keeping Foundations Warm & Dry

Friday, November 12, 2010 - 8:00 to 11:30 a.m. - Central Maine Power Company, Augusta

Proper site work and foundation construction are as critical to the overall quality and healthfulness of a home as the building shell that is constructed above grade. As a result, a builder's job begins **before** the very first shovel of dirt comes out of the ground, **not after** the foundation is completed. This program highlights the physical processes at work below grade--processes related to temperature, water, moisture, and air--and how they can cause a variety of problems that not only affect occupant health, but may also compromise the building structure. The session offers practical how-to guidance on ways to avoid mistakes in site drainage and foundation construction: mistakes that are costly and difficult to fix.

## The Building Shell

Tuesday, November 30, 2010 - 8:00 a.m. to 3:00 p.m.\* - Central Maine Power Company, Augusta

Simply put, a new home's building shell is comprised of the structural elements that separate the inside from the outside: walls, roofs, windows, doors. The shell's function, however, is anything but simple. It has to protect its occupants from rain, wind and snow. It has to control the flow of energy and heat between indoors and outdoors. It has to control the flow of air and moisture. It has to provide light and a mechanism to enter and exit. It has to provide a means for pollutants and contaminants to flow out of the building. It has to create an environment that is comfortable indoors, when conditions outdoors are not. And, it significantly determines the affordability and energy consumption of a home. This program presents practical techniques building professionals can use to achieve all of these goals and still provide healthy IAQ. \*Attendees may bring their own lunch or purchase a lunch on site.

## Ventilating New & Existing Homes

Friday, December 10, 2010 - 8:00 a.m. to 12:15 p.m. - Central Maine Power Company, Augusta

Building and renovating homes in Maine's climate is a challenge. While most customers demand that their homes be constructed and renovated to minimize heat loss - most customers don't make similar demands for adequate ventilation. Yet ventilation of a Maine home, particularly an energy efficient home, is one of the most critical construction issues Maine builders need to address. Properly ventilated homes minimize the risk of exposure to indoor environmental pollutants (radon, carbon monoxide, carbon dioxide, combustion pollutants, chemicals) and minimize the risk of moisture damage in the building envelope and subsequent biological contamination. This program stresses why *controlling* ventilation in a home is necessary to protect occupant health. It will discuss the most common sources of indoor air pollution in homes and how they get there, and what physical processes are present (air flow, pressure, moisture) that affect indoor air quality. The program provides practical strategies to achieve core ventilation goals.



Visit  
[www.maineindoorair.org](http://www.maineindoorair.org)  
for registration details.