

# Trending topics in the construction industry: Healthy construction, healthy living

*Improving healthy living is becoming a trend! The safety of building materials and the energy efficiency of buildings have become important topics for planners and consumers over the last few years.*

After all, we spend most of our working and free time in enclosed spaces. The quality, comfort and indoor climate of internal spaces therefore have a significant influence on our well-being. Allergy sufferers, the elderly and people suffering from illness benefit from a healthy environment, and families with children and employers also place emphasis on a high level of living and dwelling quality, because life is not only healthier but also more tranquil when harmful substances are not present. This applies as much to the private sphere as in the public and commercial sector.

Healthy construction methods are defined by the fact that internal spaces are constructed so as to be free from harmful influences. In order to ensure that this is the case, harmful substances must be reduced and ideally, completely excluded from use. The use of building materials with a structure that has harmful or negative effects on the human body and its well-being should therefore be avoided during construction in accordance with healthy living conditions. Instead of this, consciously use is made of building materials that positively influence living conditions and the indoor climate. The concept of healthy construction follows the principle of preferentially using natural substances over artificial ones.

User and inhabitant requirements are also always a top priority here - the building should provide a sense of well-being, protection, peace and comfort.

**A building that conforms to healthy living conditions is characterised by the following:**

- Pleasant indoor climate without significant fluctuations in temperature
- Balanced lighting conditions
- High air quality
- Environmentally harmless construction
- Balanced moisture levels
- Warmth and heat protection

- Soundproofing
- Fire protection

Healthy living conditions are only made possible through the combination of natural and ecologically harmless building materials, forward planning and the use of modern technologies and processing methods.

The basic requirement for new building construction or building conversion with the lowest possible concentration of harmful substances is the use of low-emission building materials. It is important not to rely on products that have the prefix "eco-" here, as often, manufacturer emissions test certificates are not included with these. The building materials used should therefore be unequivocally declared and checked at regular intervals by independent institutions.

### **Transparency creates a sense of trust.**

At tremco illbruck, outstanding building products are therefore always declared with all quality seals and certificates (incl. CE, GEV-EMICODE).

### **Construction in accordance with healthy living conditions - how is it done?**

Construction in accordance with healthy living conditions is a complex subject that can only be looked at as a whole, as very different requirements and areas of applications are encountered here. The use of healthy building materials and construction methods is of decisive importance. Each building product is relevant, however looking at them individually is not sufficient. Whether a product is harmful or not relies always on several different factors: Substances, intended use, assembly conditions but also, attention must be given to the levels and possible interactions resulting from the combination with other substances.