

What is Continuous Ventilation?

Continuous ventilation refers to a ventilation system that operates 24 hours a day at a low 'trickle rate' to maintain consistent air quality and moisture control within a building. It can be boosted to higher extraction rates when needed, such as during cooking, bathing, or other activities that generate high levels of humidity or pollutants.

In the UK house building, residential retrofit, and home renovation sectors, continuous ventilation is increasingly popular due to its ability to meet the requirements of Part F of the Building Regulations (Ventilation). It ensures compliance with energy efficiency standards while improving indoor air quality, particularly in airtight modern homes.

Related Terms:

1. **Mechanical Ventilation with Heat Recovery (MVHR):** A system that provides continuous ventilation while recovering heat from extracted air to improve energy efficiency.
2. **Passive Ventilation:** Natural airflow through building design, often supplemented by continuous ventilation systems in modern homes.
3. **Intermittent Extract Fans:** Fans used in kitchens and bathrooms that operate only when needed, often paired with continuous ventilation for optimal performance.
4. **Air Permeability:** A measure of how airtight a building is, influencing the need for continuous ventilation systems.
5. **Part F of the Building Regulations:** The UK regulation governing ventilation standards in dwellings, which mandates adequate airflow to prevent condensation and mould.
6. **Condensation Control:** A key benefit of continuous ventilation, reducing moisture buildup that can lead to mould and structural damage.
7. **Indoor Air Quality (IAQ):** The overall air quality within a building, directly influenced by effective ventilation systems.

Practical Examples:

- In a newly built airtight home, a continuous ventilation system ensures fresh air circulates constantly, preventing stale air and moisture buildup.
- During a kitchen retrofit, a continuous ventilation system with boost functionality is installed to comply with Part F, ensuring high extraction rates during cooking.
- In a Victorian terrace house undergoing energy efficiency improvements, continuous ventilation is added alongside insulation to balance airtightness with air quality.