ENGLE BUILT

PARK CITY, UTAH
JACKSON HOLE, WYOMING

THE HEALTHY HOME CHECKLIST

12 questions to ask before you build, buy or remodel, from a certified building biologist.

By Matt Engle, General Contractor and Certified Building Biologist (BBNC) · Engle Built

BUILDING BIOLOGY INSTITUTE ◆ BBNC CERTIFIED ◆ EMRS (IN PROGRESS) ◆ BBEC (IN PROGRESS)

◆ LICENSED GENERAL CONTRACTOR (UTAH)

Building biology is the science of how buildings affect human health. It treats the home as our "third skin," after our own skin and our clothing. By applying its 25 principles, we shape the built environment around your health, with nature as the gold standard. Most of what makes a home healthy, or unhealthy, is decided before construction starts. Use these questions to make the right decisions early.

THE LAND

- ☐ 01 Have you checked the site for EMR sources: cell towers, antennas, power lines and transformers?
- ☐ 02 Has anyone evaluated the site for geopathic stress, drainage and where water collects?
- ☐ 03 Do you know what's in the water, especially if the property is on a private well?

THE DESIGN

- ☐ 04 Are the bedrooms placed away from the electrical panel, the meter and the strongest EMR sources outside?
- ☐ 05 What wall assembly is planned, and how will it let moisture dry out instead of trapping it?
- ☐ 06 How will the home bring in fresh air and filter its water, and is that in the first drawings or added later?
- ☐ 07 **Has a mass wall assembly been considered instead of light-frame construction, and is the envelope airtight but vapor open?** Ask about a continuous air barrier, exterior insulation instead of spray foam, and capillary breaks at the foundation.

THE MATERIALS

- [ ] 08 Have the finishes, adhesives, sealants, insulation and cabinets been reviewed for what they off-gas into your air?
- [ ] 09 Is your builder willing to swap a product for a healthier alternative before it's ordered?

THE BUILD

- [ ] 10 Will moisture, mold, air quality and EMF/EMR be tested during construction, before the walls close?
- [ ] 11 Is low-EMF/EMR wiring planned around the bedrooms, and will it be checked before drywall?
- [ ] 12 Will your builder share every test result with you?

HOW DID YOU SCORE?

If you answered "no" or "not sure" to more than a few of these questions, it's a good time to bring in a building biologist. The earlier we're involved, the more options we have for creating the healthiest home possible.

GO DEEPER: read the 25 principles of building biology from the Building Biology Institute.

BOOK A CONSULTATION

englebuilt.com

801.455.0831 · matt@englebuilt.com

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This checklist is general information, not medical advice.