## REDUCING HOUSEHOLD PARTICLES W/ FILTRATION: MEASURED RESULTS, OPPORTUNITIES & CHALLENGES

#### 5B. A Fresh Breath: Ventilation & Health & Buildings

December 5, 2018, 11 - 12:30 AM, New Orleans, LA

2018 Conference on Health, Environment & Energy



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# **Outdoor Particles (PM) & Human Health**



Slide credit – Stephens ASHRAE Chicago 2018

10

# Filtering Air with Home Heating & Air Conditioning Systems

#### Simultaneously...

> Significant missed opportunity to reduce particles

Major liabilities (energy use, emissions, energy cost, equipment life, & performance)

Our solutions reduce fine particles by 50-80% while minimizing risk

# ROCIS (Rock-us) or (Raucous) Reducing Outdoor Contaminants in Indoor Spaces

#### WWW.ROCIS.ORG

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# **ROCIS Monitoring Cohorts**

Initial 3-4 weeks – home or workplace
 Longer term monitoring with interventions
 200 participants to date



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**Radon Monitor** 

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PM<sub>10</sub>: Particulate matter less than 10 μm in diameter
 PM<sub>2.5</sub>: Particulate matter less than 2.5 μm in diameter
 ROCIS LCMP Dylos: PM<sub>0.5</sub>+: Particles greater than 0.5 μm in diameter (1/100 of human hair!)

# ROCIS Outdoor Data (70 mile spread) - Readings track Log scale ROCIS Low Cost Monitoring Project Cohort 25 Small 15 Min Average



Most sites are Pittsburgh; Green line (Wbg) is 50 miles south Dylos particles (0.5+  $\mu$ m)

#### **ROCIS Outdoor Data** (70 mile spread) - Readings track Log scale **ROCIS Low Cost Monitoring Project** Cohort 25 Small 15 Min Average 30000 2017/12/14 23:30: 3127\_0\_-\_HMSD 4016 V Poor >3000 3914\_O\_-\_PTBZ 2910.8 10000 6018\_0\_-\_SOSD 3512.2 6017\_O\_BALCONY\_PTBZ 2626. 4000 2676\_O\_-\_BRHT: 2855.2 Poor 1050-3000 2555 0 SCLL 10407.6 4431\_0\_- WBG: 475173 1000 Fair 300-1049 5571-0 - BUFF 5177.53 6582\_0\_-\_OAKD: 346167 400 1502\_0\_-\_BLPK 7807.2 Good 150-299 8941\_0\_BASEMENT\_XXXX 264 V Good 75-149 2535\_O\_-\_OHRA 1818.53 00 **BOTTOM LINE:** Ventilation without filtration 6312\_0\_-\_EDWD: 2549.67 Fxcellent <75 can significantly increase exposure to 5679\_O\_PORCH\_BLOO 1681.27 40

Most sites are Pittsburgh; Green line (Wbg) is 50 miles south Dylos particles (0.5+  $\mu m)$ 

outdoor air pollution!

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# Indoor Particle Distribution – All Sites



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# Indoor Particle Distribution – All Sites



## **Options to Reduce Indoor Particles**

#### Reduce air exchange from outside

- Close windows
- Tighten home or building
- Reduce indoor sources
  - Use an effective ducted kitchen hood!
  - Use induction cook top & other good practices w/ cooking
- Reduce resuspension
  - HEPA vacuum
  - Walk-off mats
  - Get rid of carpets, old upholstered furniture
- Filter air
  - Portable air cleaners
  - Central air handler (furnace, AC, or ventilation)

#### Fan/Filter Intervention: Low Cost, MERV 13



# **Health Benefits of Air Filtration**

Air cleaners typically reduce indoor PM concentrations by ~50%

**Documented health improvements with filtration:** 

- Improvements in lung function in asthmatics
- Fewer asthma-related doctor visits
- Improvements in cardiovascular & pulmonary function

#### William Fisk, 2013 Indoor Air

# Health Benefits of Filtration

"... the greatest potential comes from using better filtration to **reduce indoor concentrations of outdoor PM**, thus reducing the morbidity & mortality associated with outdoor air PM. "The health benefits are predicted to far exceed the costs for those interventions,..."

#### William Fisk, LBNL

(2016, NAS, Health Risks of Indoor Exposure to Particulate Matter: Workshop Summary)

# ROCIS AIR HANDLER / HIGH MERV FILTER INQUIRY

# **ROCIS Air Handler Inquiry:** Context

- SW Pennsylvania typical housing stock
- Basements
- Mostly gas heat; central AC (oversized)
- Sheet metal ducts in basement
- Supplies & returns to each room

Implications are different w/ attic or crawlspace ducts & homes with central returns!! Not applicable in sites w duct leakage to outside

# An Air Handler, or Air Handling Unit

(often abbreviated to **AHU**), is a device used to regulate and circulate air as part of a heating, ventilating, & airconditioning (HVAC) system<sup>1</sup>

Includes: ductwork, blower/motor, filter, coil, & controls

>¹ Wikipedia



**Blower** 

# **Blower / Motor**

# ECM (electronically commutated motor)

This model also allows us to set up a very low continuous movement of air for filtration, ~400 - 700 CFM, @120 - 180 Watts of power.

c RL us

multi-speed

Not as efficient (or expensive) as the variable speed ECMs in many new heating & air conditioning systems.

# **Air Handler Operation**

Thermostat usually set to "Auto", not "On"

Average annual runtime is ~15%

Inadequate for filtration

Call for heat & cool does not align with need for filtration

With smart thermostats more control of "on time"



# 45 DIAGNOSTIC VISITS LATER

#### 3 Big Issues with 24/7 High MERV Filter

- Air handler (AHU) energy use /cost can be high due to 500 to 1,500 watt-draw
  - High cost of running air handler continuously (360 kWh to 1080 kWh/month = ~\$500 to \$1500/year<sup>1</sup>)
- Wrong blower speed (system air flow)
  - Seldom set in field
  - Often defaults to high speed, not low, in continuous mode
  - Higher energy cost, less effective filtration
- Ductwork issues introduce additional problems
  - Static pressure (TESP) too high
  - Duct leaks (energy waste & pressure-related problems)

<sup>1</sup> **\$0.12/kWh** 

# **Problems Identified (%)**

45 systems (as found)



**OUR RETROFIT** 

## ROCIS Air Handler Retrofit Post-retrofit (Case w2i9)

STEP 1 Modified larger return drop







### **ROCIS Air Handler Retrofit**

#### STEP 1 Modified larger return drop



#### **RESULTS:**

**Pressure drop across** filter: Pre: 93 Pa, Post: 16 Pa

Allowable (total system) **TESP: 125 Pa** 

2-part filter rack (20" x 25") Horizontal (4" MERV 13 + 2" pre or post filter)

90° transition designed for better air flow (heel & throat); lower static



#### **ROCIS Air Handler Retrofit**

STEP 2 (not always needed) New ECM Labor & materials \$500



(Case w2i9)

#### RESULTS: In continuous mode: ➤ 4.27 CFM/watt

120 Watts

ECM replacement

Fan speed adjusted to optimize heating, cooling, & continuous performance.

# **ROCIS Air Handler Retrofit** STEP 3

Adjust fan speeds to optimize heating, cooling, & continuous performance

Verify system air flows, watt-draw, & static pressure







# **ROCIS Air Handler Retrofit**

STEP 4

Monitor performance

Monitor inside particles

(0.3, 0.5, 1.0 & 2.5 microns)







Monitor change in static across filter

#### Case w2i9 Pre & Post – Air Handler Retrofit



#### **INTERVENTION:**

ECM blower (lower air flow & energy cost on continuous setting) New return (larger 20" x 25" MERV 13 filter & pre-filter) **Cost (labor & materials): \$1,000** 

**RESULTS:** Lower CO<sub>2</sub> in bedroom **24/7 annual operating cost: \$131.40** 

#### Selected ROCIS Intervention Homes Pre-Post Median Particle Count

![](_page_29_Figure_3.jpeg)

(Case w2i9)

# Air Handler Interventions Pre-Post Continuous Watt-Draw

![](_page_30_Figure_3.jpeg)

Use these codes (w2i9) to view particle data on ROCIS LMCP Data Explorer http://rocis.org/rocis-data-explorer

# Air Handler Interventions Pre-Post TESP (Continuous Mode)

![](_page_31_Figure_3.jpeg)

Reduction due to: 1) adjusting speed of existing ECM (2 cases);

2) ECM change-out (9 cases).

**PSC motors & ECMs are 1/2 HP w/ nameplate TESP limit of 125 Pascals** 

## **Filter Essentials**

- >Use large filter (surface area)
- >Use deep filter (we prefer 4")
- >Use low resistance filter (check label on filter)
- >Minimize filter bypasses

Use MERV 12 or above to reduce 0.3 to 0.5 µm particles (MERV is like R-Value; performance depends on installation/operation

Provide adequate run/on time (if system passes diagnostic screening

## **ROCIS Air Handler Retrofit Current Focus**

- ✓Get more retrofits done; continue monitoring, collecting data
- Examine potential for better summertime humidity control
- Lower the installation cost of retrofit (just return drop?)
- ✓ Gain experience with different control options (lower energy cost & emissions further)

## **Big Opportunity at HVAC Replacement**

- > **Downsize** HVAC to reduce static pressure
- Incorporate return drop modification & option for larger, deeper filter
- >Set blower speeds for optimal performance
- >Address duct system shortcomings

- >Making the value proposition...
  - How can potential filtration health & comfort benefits add impetus to getting HVAC systems designed & installed correctly?

# In Summary: Filtering Air with Home Heating & Air Conditioning Systems Simultaneously...

Significant opportunity to reduce particles

**Represent a major liability** (energy use, emissions, energy cost, equipment life & performance)

- ECM failure/replacement due to high static in HVAC systems can cost occupants \$1000
- Variable speed ECMs (best & worst performance)
- Restrictive filters (particularly 1" pleated) lead to high static

Our solutions reduce fine particles by 50-80% while minimizing risk
# Join Us! Next Steps

>Engage key players for input & buy-in

<> HVAC manufacturers <> utility companies <> energy efficiency program implementers <> vocational trainers <> trade groups <> affordable housing providers <> sustainability/environmental advocates <> local gov't

Clarify opportunity to transform practices *particularly in replacement & new installations* 

## Thanks to Phil Johnson & The Heinz Endowments for supporting the ROCIS initiative (Reducing Outdoor Contaminants in Indoor Spaces) **and** Our 200+ LCMP Participants!

# RESOURCES

- Health Risks of Indoor Exposure to Particulate Matter -<u>http://www.nationalacademies.org/hmd/Activities/PublicHealth/Health-Risks-Indoor-Exposure-ParticulateMatter.aspx</u>
- IL Institute of Technology (Built Environment Research Group) (papers & presentations) - <u>http://built-envi.com/</u>
- >IAQ Scientific Findings Resource Data bank -
- <u>https://iaqscience.lbl.gov/indoor-air-quality-iaq-scientific-findings</u>
- >IAQ Radio <u>https://www.iaqradio.com/</u>
- Purple Air Map <u>https://www.purpleair.com/gmap</u>
- ROCIS website <u>http://ROCIS.org</u>



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http://ROCIS.org

Range Hood Guidance Document http://rocis.org/kitchen-range-hoods

More info on Air Handler Inquiry http://rocis.org/air-handler-inquiry



41

# MORE ON ROCIS AIR HANDLER INQUIRY

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# ROCIS (Rock-us) or (Raucous) Reducing Outdoor Contaminants in Indoor Spaces

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# WHAT IS ROCIS ? MISSION

NEONEONE

A Southwestern Pennsylvania initiative to reduce the impact of exterior pollution in indoor spaces.



# Why??

# Most of our exposure to outdoor pollution happens in buildings

# ROCIS LCMP LOW COST MONITORING PROJECT

# Low Cost Monitoring Project (LCMP) Objectives

- 1) Learn how low-cost air monitors empower occupants
- 2) Examine the impacts of outdoor pollution on indoor air
- 3) Explore interventions to improve indoor air quality

## Low Cost Monitoring Project (LCMP) Process

- Provide IAQ monitoring kit short-term loan for baseline, longer term for testing interventions
- > Tap participant's homes & workplaces
- >Invest in participants' experience & knowledge
- > Provide protocols for reporting & interventions
- >Build baseline & develop/refine best practices
- > Develop champions!!

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# Making the Invisible Visible

**Dylos 1700 Optical Particle Counter:** # Particles per 1/100 ft<sup>3</sup>, 1 min. resolution

### 2 size ranges:

- > 0.5+ µm (Dylos "Total")
- > 2.5+ µm (Dylos "Large")
- Cost: \$300 400; 1 week data storage

### 3 Dylos / Site

Outside, Inside (living area) Roamer (usually bedroom)

NOTE: Scale at right is from manufacturer; not health based

Dylos 1700 http://www.dylosproducts.com/dc1700.html



Air Quality Chart .5 um – Small Count Reading 3000 + = VERY POOR 1050-3000 = POOR 300-1050 = FAIR 150-300 = GOOD 75-150 = VERY GOOD 0-75 = EXCELLENT

## Pittsburgh's Air Quality is Poor

People Most at Risk in the U.S. From Year-Round Particle Pollution (Annual PM<sub>2.5</sub>)

>8th worst city<sup>1</sup> & worst city east of the Rockies)

>Allegheny County (Pittsburgh) is 13<sup>th</sup> worst

1. Pittsburgh-New Castle-Weirton (PA-WV-OH)

SOURCE: American Lung Association State of the Air Report 2017 http://www.lung.org/assets/documents/healthy-air/state-of-the-air/state-of-the-air-2017.pdf

# Health Concerns (<PM10)<sup>1</sup>

- > Premature death in people with heart or lung disease
- Nonfatal heart attacks
- >Irregular heartbeat
- >Aggravated asthma
- >Decreased lung function
- Increased respiratory symptoms, such as irritation of the airways, coughing or difficulty breathing

<sup>1</sup>Source EPA 7/1/2016

# **INTERVENTION INSIGHTS**

Median particle count

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#### **Comparison of Early Vs. Late Particle Counts (Paired)** 1500· First 10 day median compared to last 10 days early **Linear Scale** late Poor 1050-3000 1,050 1000-Of these selected 86 sites 65 saw reduction in counts 47 more than 30% reduction 25 more than 50% reduction Fair 300-1050 500-300 Good 150-299 150 V Good 75-149 Excellent <75 Counts – 0.5+ µm as measured by the Dylos monitor

#### **Indoor Particle Levels**

Comparing early vs. late in monitoring period



#### **Outdoor Particle Levels**

Comparing early vs. late in monitoring period



# **ROCIS Air Handler Inquiry**

- Purpose: explore feasibility of using air handler w/ high MERV filer to reduce particle counts
- >Tested 40+ air handlers in SW PA
- Determine watt-draw, external static pressure, & air flow at different HVAC system settings
- >1-minute resolution particle counts for 3+ weeks (0.5+ microns, 2.5+ microns)

http://rocis.org/air-handler-inquiry NOTE:HVAC systems were mostly in basements

## Fans – HVAC Air Handlers

"Fan Auto" – most common

For better filtration increase in use of "Fan On"

Air handler fans on 24/7 (@300-700 W or significantly more)

500 W x 24/7 = \$526 per year!!



## Fan/Filter Intervention: Low Cost, MERV 13



# Fan/Filter Intervention– Bedroom Window at Night

### Open window with/without box fan and filter on:

#### Indoor tracks outdoor closely Small 15 Min Average Log scale 20000 Dylos 0.5+ µm 10000 **Outdoors** 6000 4000 2000 Particle Count 1000 600 200 **Bedroom** Turned ON fan filter in bedroom to bring in filtered outdoor air 18:00 17 S

**Turned OFF fan filter each morning** (f5q4)

# **Options to Reduce Indoor Particles**

### Reduce air exchange from outside

- Close windows
- Tighten home or building
- Reduce indoor sources
  - Use an effective ducted kitchen hood!
  - Use induction cook top & other good practices w/ cooking
- Reduce resuspension
  - HEPA vacuum
  - Walk-off mats
  - Get rid of carpets, old upholstered furniture
- Filter air
  - Portable air cleaners
  - Central air handler (furnace, AC, or ventilation)

Cooking –

Check out ROCIS guidance document and webpage

ROCIS ISSUE BRIEF, Ducted Range Hoods: Recommendations for New and Existing Homes

http://rocis.org/kitchen-range-hoods

Online Kitchen Ventilation group on Home Energy Pros http://homeenergypros.org/group/kitchen-ventilation?xg\_source=msg\_wel\_group

#### 12-05-2018

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Geometric Diameter (µm)

# **Options to Reduce Indoor Particles**

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## **Impact of Portable Air Cleaner**

http://rocis.org/rocis-data-explorer (j1t8) 0.5+ µm Particles by Time (15-min. avg.)



#### Your Indoor Particles vs. Time

Blue: treated zone (325 ft<sup>2</sup>) Orange: untreated zone

Brown: outdoors

Tight, single family home

Though order of magnitude lower; Indoor (Blue/orange) tracks Outdoor

### **Portable Air Cleaners** ROCIS experience on capacity & impact

Results in tighter homes were very impressive – reduced particles on an entire floor of a home.

Received donation<sup>1</sup> of more air cleaners, and found impact more limited to single room (leakier, older homes with more activity).

More (3-5) air cleaners needed for medium-large home

NOTE: Full impact/benefit (e.g. chemicals) not measured due to our equipment limitations

<sup>1</sup> Thanks to donation of air cleaners from Austin Air

# Portable Air Cleaners Fan/filters

Match the load of contaminants – Volume (air exchange & pollutant strength)

#### Issues

- Inadequate run time
- Noise & wintertime discomfort
- Filter replacement
- Cost of air cleaner(s) & operation (\$, kWh)
- > Low cost monitor can demonstrate effectiveness
- > Examine use of timers to reduce discomfort
- > Dirty filter on DIY fan-filter makes a big impression



# **ROCIS Air Handler Inquiry**

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# **Air Handler Inquiry: Key Findings**

- >Air handlers nearly always on factory settings (highest speed)
- Diagnostic visit adjustment usually reduced energy use with both PSC & ECM blowers
- In "as found" condition running air handler 24/7 not advisable
- With duct modifications & ECM change-out some systems can be optimized w/ larger/deeper 4" MERV13 filter & 24/7 runtime
- Noticeable reduction in particle counts & watt-draw

## Case 1 Lessons Learned: An Early Change-out

In search of an easy fix.... Don't do this!!!



#### Not Effective!

- Return drop restricted due to size (8" x 25")
- 2) Poor design at throat w hard 90 degree angle
- 3) Filter still only 16" x 25"
- 4) Static too high to install ECM
- 5) One option: significantly downsizing w new AC
- 6) Better option ...



## Case 2

#### Typical basement system

### 16x25x1 MERV 12

## BEFORE

CASE STUDY: Indoor Air Quality Interventions *Chris Guignon, evolveEA*  2018 CHEE



CASE STUDY: Indoor Air Quality Interventions *Chris Guignon, evolveEA* 

### **AFTER**
# **Control Strategies**

- Needed!! (alternative to 24/7 operation)
- >Lots of activity/options
- >What drives "on" time?
  - Clock or Occupancy
  - Sensor what sensitivity? What is it sensing?
- Verify performance (particle count & size distribution, CO<sub>2</sub>, humidity) & monitor over time



### **New Installations - Lost Opportunity!!**

>Two recent HVAC installations by ROCIS participants

>Motivated homeowners, asking the "right" questions

- 1) New system oversized
- 2) Significant leakage to outside (attic ducts)
- 3) Un- and underinsulated ducts (attic ducts)
- 4) Incorrect installation (major depressurization of basement inefficiency, high radon)
- 5) Air flow not set correctly in field
- 6) Static pressure above name plate rating
- 7) 24/7 "filtration" operation not advisable (as found)

# **EXTRAS**

### **Infiltration of Outdoor Pollutants**



### PurpleAir Monitor Map World Wide or Local



https://www.purpleair.com/gmap

#### Air Now https://gispub.epa.gov/airnow/



## MERV 7 Filter New & Used (Better Performance – Used than New



### MERV 12 ... in this case Better Performance Used than New



#### Fine and ultrafine particle removal efficiency

Using size-resolved removal efficiency to estimate removal of PM<sub>2.5</sub> and UFPs



Removal Efficiency

Slide credit Stephens – ASHRAE Chicago 2018 <sup>34</sup>

81

#### Filter bypass is relatively common in homes



Photo credit: Brent Stephens

Power Draw versus Air Flow for Tested Air Handler



Slide credit: Building Science Corporation

#### Fan Curves Address Performance (CFM, Static Pressure, & Power)

