



Please be aware you are required to manage your own CPD records. We will provide you with your participation certificate and answer sheet once you have attended the full seminar.

## Maximising Building Performance - The Essential Role of Insulation in IEQ

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- 1. List four factors that influence IEQ.
- 2. What are the three types of heat transfer?
- 3. What is the difference between material R value and Total R value?
- 4. Explain the concept of thermal bridging and its impact on building performance.
- 5. Describe the two main types of insulation and their applications.
- 6. How can bulk insulation products meet National Construction Code requirements?

## By the end of this session you should understand:

- · Describe the key concepts of indoor environmental quality
- · Recognise how thermal insulation and pliable building membranes influence the indoor environment
- · Explain the key performance benefits of insulation in the built environment
- · Identify the various types of insulation and explain how they achieve National Construction Code requirements.

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Competency Codes: PC12, PC28, PC33, PC39



## **1 Formal CPD point**

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