

Several positive effects of wood material

There is great interest among the population about which health effects and the use of wood in the indoor environment.



Focus on a good indoor environment is becoming increasingly important. There was a great deal of support when the Nordic network "Wood interior: Health impact and indoor air using wood interior" organized a conference in Oslo in 2018 on the topic.

People has been exposed to forest and wood materials for as long as we have existed, and there are things that indicate that wood differentiate substances that positively affect us and our health.

– We notice that the focus on indoor environment is increasing. This is an area where much is currently happening and the need for knowledge is great, says Hilde Tellesbø from The Norwegian Institute of wood technology.

The participants in the conference heard, among other things, that studies indicate faster recovery and less experienced pain if the patient room are with elements of wood. It has also been researched on how the use of wood affects stress.

Mike Burnard from InnoRenew in Slovenia shows in his work how the stress level (cortisol) is reduced faster in rooms with wooden interiors.

In Norway, 8-9 billion will be invested in the next few years in hospital buildings, told Liv Haugen from Sykehusbygg. If the use of wood can lead to improved recovery in patients, it will of course be appropriate to use wood in the patient room. However, more research and documentation is requested in the area.

There are strict requirements for materials used in hospital buildings, among other things in relation to cleaning and disinfection. This will probably require some form of wood treatment. How can we surface treat wood materials without reducing the unique properties too much? Ulrich Hundhausen from Treteknisk told about

which possibilities for surface treatment we have today and the expected effect of these.

Wood and indoor environment is an important R&D area for the timber industry going forward. Both to bring out the necessary knowledge and to develop new solutions that promote the good health effects of using wood.

– It will be exciting to see the further development of the work in this area, it is clear that the need for more reached in this topic is crucial so the use of wood can be increased says Ove Munthe-Kaas from Treteknisk.

As an attempt to respond for the demanded and needed knowledge The Nordic network applied to Forest Value Net. The application was named KISS and was aimed on the topic's energy consumption, indoor air quality, health, comfort and wellbeing of using wood in the interior environment. The application didn't go through. But the consortium in the network is looking for new application and opportunities for an application.

Health and the environment during the construction period were also on the agenda during the conference. NTNU and Veidekke investigate, among other things, how the workers experience noise, dust and cleaning on construction sites with different building materials. Preliminary results from the project Lilleby in Trondheim were presented during the conference.

The lectures from the seminar are posted on www.Treteknisk.no.

