



Your Healthy Homes quick-check

A plain-English walk through the five Healthy Homes standards for New Zealand private rentals. Informational only — confirm details against Tenancy Services, and for heating use the official Heating Assessment Tool.

1 Heating — the main living room

- ☐ There's a **fixed** heater in the main living room (not portable).
- ☐ It can heat the room to **18 °C** — capacity checked with the official Heating Assessment Tool.
- ☐ Main heater is at least **1.5 kW**.
- ☐ If the required capacity is over **2.4 kW**, the heater is a **heat pump** (or other qualifying type) — not a fixed electric resistance heater.
- ☐ No reliance on an open fire, unflued gas heater, or portable heater as the main source.

2 Insulation — ceiling & underfloor

- ☐ Ceiling insulation meets the minimum R-value (homes consented before 3 Nov 2022: **R-2.9** in climate zones 1–2, **R-3.3** in zone 3).
- ☐ Underfloor insulation meets **R-1.3** (all zones), where there's accessible underfloor space.
- ☐ Existing ceiling insulation from before 1 July 2016 is at least **120 mm** thick and in good condition.
- ☐ Home consented on/after 3 Nov 2022? It's assessed against the Building Code instead — check which regime applies.

3 Ventilation

- ☐ Every habitable room has openable windows/doors/skylights totalling at least **5%** of its floor area.
- ☐ Kitchen extractor fan vents outside — at least **150 mm** diameter or **≥ 50 L/s** (fans installed since 1 Jul 2019).
- ☐ Bathroom extractor fan vents outside — at least **120 mm** diameter or **≥ 25 L/s** (fans installed since 1 Jul 2019).

4 Moisture ingress & drainage

- ☐ Efficient drainage and guttering, downpipes and drains.
- ☐ Where there's an enclosed subfloor, a **ground moisture barrier** is installed.
- ☐ No obvious signs of rising damp, pooling, or water ingress.

5 Draught stopping

- ☐ Noticeable gaps and holes causing draughts are blocked.
- ☐ Unused open fireplaces/chimneys are blocked (unless the tenant agrees otherwise).

Also keep on file

- ☐ A **Healthy Homes compliance statement** with your tenancy documents.
- ☐ Records/evidence (photos, product info, dates) supporting each item above.

This checklist is a starting point, not a compliance certificate. The Healthy Homes Standards regulations and Tenancy Services are the authority; the heating capacity figure in particular should come from the official Heating Assessment Tool. Figures last checked **August 2026** — regulations change, so re-verify at tenancy.govt.nz. If in doubt, get a professional assessment.

Do this on real properties? **HammerHand** turns a voice-and-photo walkthrough into a defensible Healthy Homes report — numeric pass/fail against each standard, heating and R-value helpers built in, and it works offline on site.

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