

**U.S. Department of Energy - Energy Efficiency and Renewable Energy**  
**A Consumer's Guide to Energy Efficiency and Renewable Energy**  
**Spot Ventilation**

Spot ventilation improves the effectiveness of other ventilation strategies—natural and whole-house—by removing indoor air pollutants and/or moisture at their source.

Spot ventilation includes the use of localized exhaust fans, such as those used above kitchen ranges and in bathrooms. The American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) recommends intermittent or continuous ventilation rates for bathrooms and kitchens instead of using windows (natural ventilation): 50 or 20 cubic feet per minute for bathrooms, and 100 or 25 cubic feet per minute for kitchens, respectively.