

FREE LANDLORD GUIDE

The Healthy Homes *checklist.*

Every New Zealand rental has had to meet the five Healthy Homes standards since 1 July 2025. Use this checklist room by room, then use the worked example to fill in your compliance statement.

Checked against Tenancy Services on 22 October 2026.

How to use it

Walk through the home with this list. Tick what you can prove, not what you think is true. Anything you cannot tick needs evidence, a quote or a fix before the next tenancy starts. Keep every receipt, photo and report: a tenant can ask for the information, and Tenancy Services says it must be given within 21 days.

1. Heating

- ☐ **Required capacity worked out** for the main living room, using Tenancy Services' Heating Assessment Tool, the formula in the regulations, or a professional. Write the figure down.
- ☐ **Fixed heater or heaters** in or directly heating the main living room, each at least 1.5 kW, together meeting the required capacity.
- ☐ **An acceptable type:** heat pump, wood burner, pellet burner or flued gas heater. Never an open fire or an unflued heater such as a portable LPG heater.
- ☐ **Electric heaters** other than heat pumps are only used where the required capacity is 2.4 kW or less, or as a top up of 2.4 kW or less to older heating. Heat pumps and electric heaters have a thermostat.
- ☐ **Older heating** installed before 1 July 2019 only relied on if each heater is above 2.4 kW, none is electric (heat pumps are fine), and together they give at least 80% of the required capacity.

2. Insulation

- ☐ **Ceiling insulation** at R 2.9 in zones 1 and 2, or R 3.3 in zone 3. Tenancy Services describes zone 3 as including the centre of the North Island, so check its zone map for your address.
- ☐ **Older ceiling insulation** put in before 1 July 2016 is at least 120mm thick, unless you can prove it met the R value when installed and has lost no more than 30% of its thickness.
- ☐ **Underfloor insulation** at R 1.3, unless an exception applies.
- ☐ **In reasonable condition:** no mould, damp, damage or gaps, and installed to NZS 4246:2016.

- ☐ **Any part left uninsulated** has a reason you can explain, such as no safe access or a living space directly above or below.
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3. Ventilation

- ☐ **Every living room, dining room, kitchen and bedroom** has a window, door or skylight that opens to the outside and can be fixed open.
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- ☐ **Openable area** in each of those rooms is at least 5% of its floor area.
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- ☐ **Kitchen** (any room with a cooktop): extractor fan or rangehood venting outside, at least 150mm including ducting, or at least 50 litres a second.
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- ☐ **Bathroom** (any room with a shower or bath): extractor fan venting outside, at least 120mm including ducting, or at least 25 litres a second.
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- ☐ **Older fans** from before 1 July 2019 vent outside and work. Recirculating systems such as HRV and DVS do not count for kitchens and bathrooms.
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4. Moisture and drainage

- ☐ **Efficient drainage** for storm water, surface water and ground water, with an appropriate outfall.
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- ☐ **Gutters, downpipes and drains** clear and working.
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- ☐ **Ground moisture barrier** under any enclosed subfloor: polythene laid to section 8 of NZS 4246:2016, or a professional barrier of at least 50 MNs/g. If a professional installer cannot reach the area, get that in writing.
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5. Draught stopping

- ☐ **Unreasonable gaps or holes** in walls, ceilings, windows, floors and doors that cause noticeable draughts are blocked.
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- ☐ **Open fireplaces** are closed off and the chimney blocked, unless the tenant has asked in writing to use the fireplace.
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Paperwork

- ☐ **Compliance statement** signed and included in every new, renewed or varied tenancy agreement. Leaving it out can mean a penalty of up to \$500 for each tenancy.
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- ☐ **Records kept:** heating calculation, receipts, installer details, fan sizes in writing, photos, and any assessor's report.
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Penalties

Not meeting the standards is a breach of the Residential Tenancies Act. Tenancy Services says landlords can face penalties of up to \$7,200, or up to \$50,000 for landlords with six or more rentals. Leaving the compliance statement out of a tenancy agreement can mean up to \$500 for each tenancy.

Sources: Tenancy Services pages for the heating, insulation, ventilation and moisture standards (updated 25 September 2025); What a landlord needs to know (updated 1 July 2025); Compliance statement (updated 9 September 2026); All rentals must now comply (1 July 2025). All read 22 October 2026 at tenancy.govt.nz/healthy-homes.

WORKED EXAMPLE

Filling in the compliance statement.

The statement must show how the home meets each standard right now. Tenancy Services has a template, and its tenancy agreement templates include one. Here is how a filled in statement might read for a typical three bedroom home.

EXAMPLE ONLY. NOT A REAL HOME

STANDARD	WHAT THE STATEMENT SAYS
Heating	Required heating capacity for the main living room: 5.2 kW, from the Tenancy Services Heating Assessment Tool on 3 March 2026. Heater: one fixed heat pump, 6.0 kW heating capacity, with a thermostat, installed in the living room.
Insulation	Ceiling: glass wool, R 2.9, installed June 2019, inspected February 2026. Underfloor: polystyrene panels, R 1.3, installed June 2019, inspected February 2026. No part of the ceiling or suspended floor is uninsulated.
Ventilation	Every habitable space has at least one window or door that opens to the outside and can be fixed open. Kitchen: rangehood venting outside, 150mm ducting. Bathroom: extractor fan venting outside, 120mm ducting.
Moisture and drainage	The home has an efficient drainage system. The enclosed subfloor has a polythene ground moisture barrier laid to NZS 4246:2016.
Draught stopping	The home has no open fireplace. The home is free of unreasonable gaps or holes that cause noticeable draughts.
Exemptions	None relied on.
Signed	The landlord, or an agent acting as the landlord, with the date. A statement must be signed even when a professional did the assessment.

Do you need an assessor? No law says you must use one. You must be able to show how the home complies, keep the records, and sign the statement. Many landlords pay for an assessment because the report becomes their evidence, especially for older homes, hard to reach subfloors, or when the heating capacity is unclear.

Want Healthy Homes handled for you?

Latus checks the evidence before taking on a home, puts the statement in every tenancy, and watches heaters, fans and gutters at every inspection. 7.75% plus GST, everything included.

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