



Tackling Damp and Mould

DM

Footsteps Energy Champions **TACKLING DAMP & MOULD**

Acknowledgement:

These cards are based Centre for Sustainable Energy and Energy Saving Trust resources and draw on John Newson (Balsall Heath One Planet) and Footstep' members experience



Footsteps

Faiths for a Low Carbon Future



Central
England
Quakers

See www.footstepsenergychamps.org.uk/ for sources, acknowledgements and to download cards



SUGGESTIONS and TIPS

Using Footsteps
flash cards

- An **Important Aspect** of the Tackling Damp and Mould topic area is described on the **front**
- The **Suggestions and Tips** on the **back** identify initial steps that can be taken
- If you have internet access, Footsteps recommends that you visit the **Energy Saving Trust, Citizens Advice Bureau, Centre for Sustainable Energy** for further information



Tackling Damp and Mould

DM1/v2

Impacts of damp and mould

Health impacts ; people' s resistance to disease, aggravating an existing illness (especially lungs), misery and depression

Impacts on property:

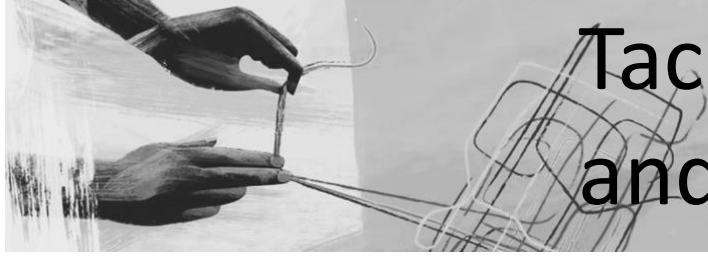
- Harder to heat
- Takes years to dry and huge amounts of mould treatment
- Can cause structural problems and costs mount up



SUGGESTIONS and TIPS

Impacts of damp and mould

- Reduce the amount of moisture produced in the first place
- Ventilate so the moist air leaves the house
- Make sure air can circulate by leaving gaps between furniture and the wall.
- Try to avoid cold spots
- Consider adding more ventilation
- Don't fit any new draught-proofing in a room that already has a condensation problem
- See www.energysavingtrust.org.uk/advice/fixing-damp-and-condensation/ and watch video

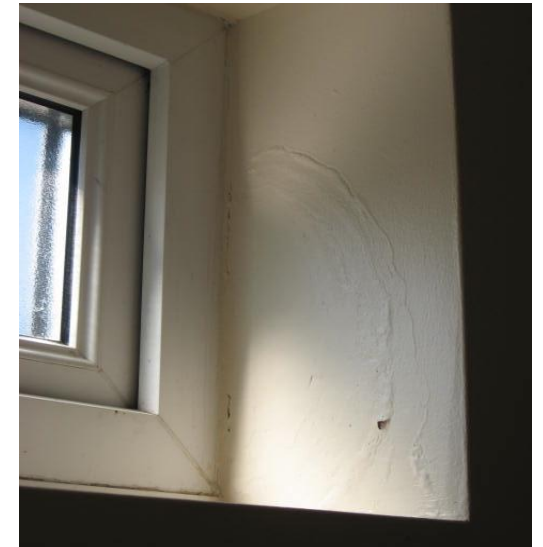


Tackling Damp and Mould

DM2/v2

Types of damp

1. Rising damp
2. Penetrating damp
3. Plumbing faults
4. Condensation



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SUGGESTIONS and TIPS

Types of Damp

Look for Signs of damp

1. Mould growth
2. Peeling paint or paper
3. Smell of damp
4. Dripping pipes or taps
5. Faulty gutters





Tackling Damp and Mould

DM3/v2

Moisture generation in the home



Feet perspiring - 1 pint

Two people at home 16 hours - 3 pints

A bath or shower - 2 pints

Washing the dishes - 2 pints

Bottled gas heater for 8 hours - 4 pints



Cooking and using your kettle - 6 pints



SUGGESTIONS and TIPS

Moisture Generation

Reducing moisture

1. Avoid drying clothes indoors
2. Ventilation; leave windows open, especially kitchen and bathroom when in use
3. Keep lids on cooking pots



Tackling Damp and Mould

DM4/v2

Preventing condensation

- Heating
- Insulation
- Ventilation
- Excessive moisture production





SUGGESTIONS and TIPS

Preventing condensation

- Keep some heating on to prevent cold surfaces
- Insulate cold surfaces, such as windows
- Reduce moisture production, especially from kitchen and bathroom
- Ventilate rooms when you can
- Dehumidifier is a last resort, since it uses electric



Tackling Damp and Mould

DM5/v2

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SUGGESTIONS and TIPS

**Please email feedback and comments on the flash
cards to**

hello@footstepsenergychamps.org.uk

**Register to become part of the Footsteps energy
champion network at**

<https://footstepsenergychamps.org.uk/>