



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

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- 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

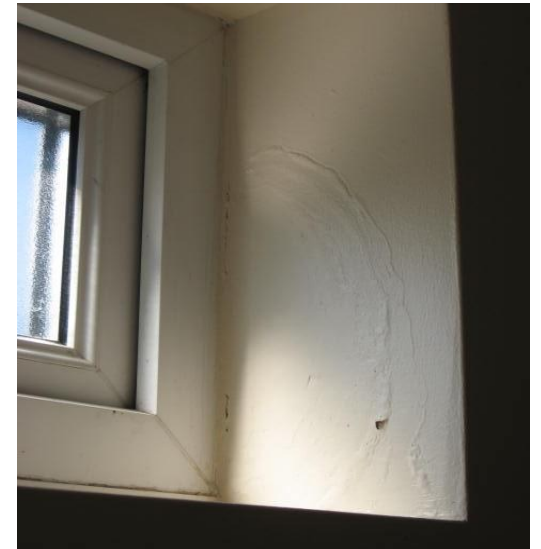


Tackling Damp and Mould

DM2/v2

Types of damp

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





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





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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



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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



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DM

Blank card for to discuss and share your experience



SUGGESTIONS and TIPS

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Blank card for your own tips