



Tackling Condensation, Damp and Mould



Impacts of damp and mould

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

Impacts on property:

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



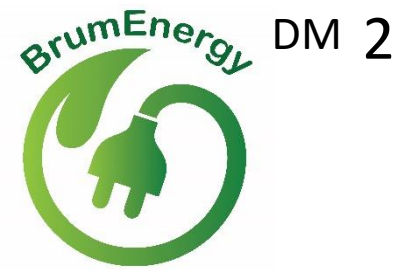
SUGGESTIONS and TIPS

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

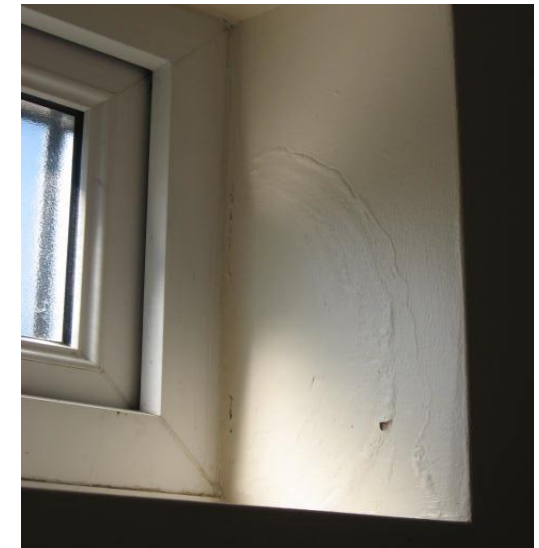


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Types of damp

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





SUGGESTIONS and TIPS

Types of Damp

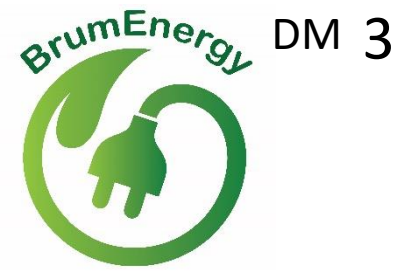
Look for Signs of damp

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





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Moisture generation in the home



Feet perspiring - 1 pint

Two people at home - 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

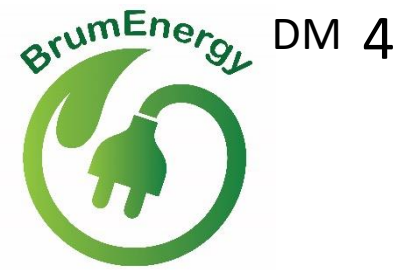
Moisture Generation

Reducing moisture

1. Avoid drying clothes indoors
2. Ventilate by leaving windows, especially kitchen and bathroom during and after use
3. Keep lids on cooking pots
4. Tumbler driers should be vented to the outside or at least have a condensation box



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Preventing condensation

- Avoid creating excessive moisture in the first place

Then, have appropriate

- Heating
- Insulation
- Ventilation





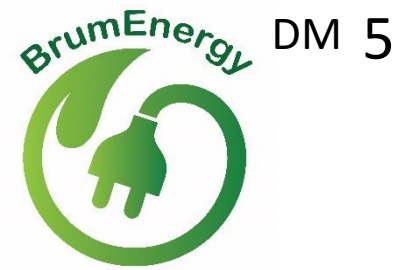
SUGGESTIONS and TIPS

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 electricity



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Ventilation

- Adequate ventilation in the right places will help reduce condensation
- Air bricks or adjustable vents provide background ventilation
- Ventilation is particularly important in kitchens and bathrooms
- A balance is needed as ventilation also brings cold air into the house



SUGGESTIONS and TIPS

- Open windows when needed, but make sure doors to adjacent rooms closed.
- Reduce amount of moisture produced in house
- Install extractor fans in kitchens and bathrooms
- Avoid using portable gas and paraffin heaters



Purchase a **HYGROMETER** on line, which measures moisture in the air in different rooms and identifies rooms with high humidity



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Create your own card!



SUGGESTIONS and TIPS

Create your own card!