



# Tackling Mould, Damp and Condensation



## Do you have Damp or Mould?

**Damp and mould are signs of moisture build-up that**

- Make properties harder to heat
- Can take years to dry out
- Mould is difficult to treat
- Untreated can cause expensive structural problems

### **Health impacts of mould and damp**

- Reduces resistance to disease
- Aggravates existing illnesses (especially lungs)
- Can cause misery and depression



# SUGGESTIONS and TIPS

## Mould and Damp



### Tackling Damp and Mould can involve

- Finding out what sort of damp you have (see Card DM2)
- Reducing the moisture in the air of your house (DM3)
- Preventing condensation on cold surfaces (DM4)
- Improving ventilation and air movement in your house (DM5)
- Using a de-humidifier (DM6)

Source: EST

[Web Link](#)





# Tackling Mould, Damp and Condensation



## Where is your damp coming from?

**Condensation is most common cause**



**Condensation and mould on cold wall**



**Penetrating damp comes through the wall**



**Leaking plumbing fittings**



# SUGGESTIONS and TIPS

## Sources of Damp



### Looking for signs of damp

- Mould growth
- Peeling paint or paper
- Smell of damp
- Moisture on windows and other surfaces

### Identifying causes of the damp e.g.

- Excess condensation
- Dripping pipes or taps
- Faulty gutters

Source: Which  
[Web Link](#)

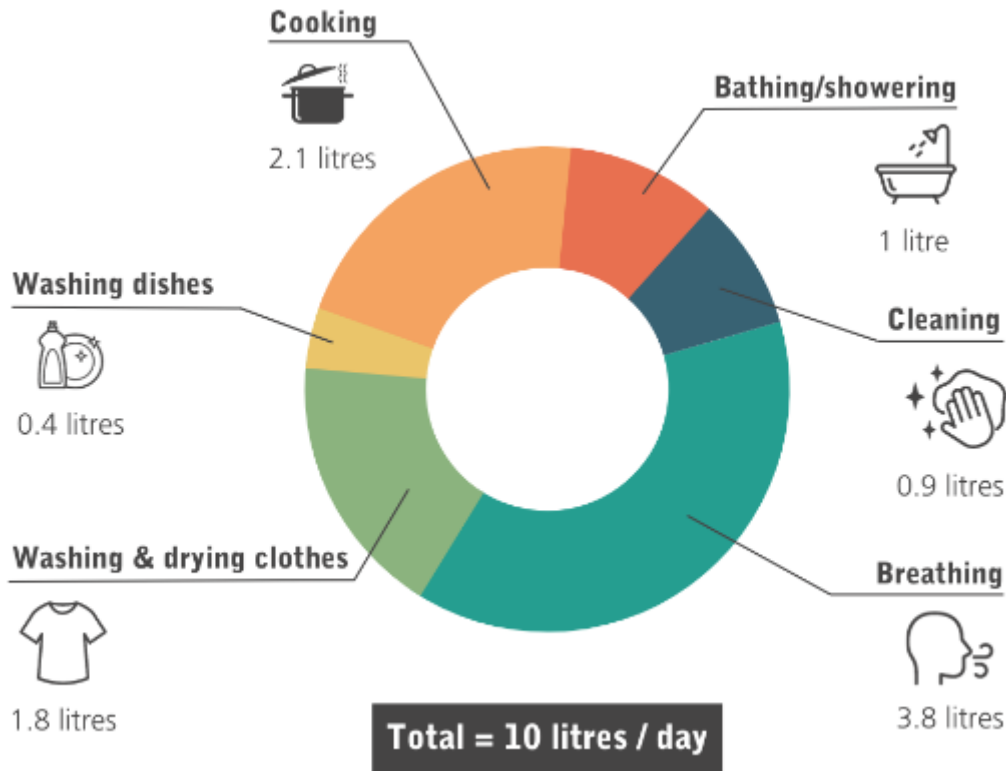




# Tackling Mould, Damp and Condensation



## Moisture generation in the home



- Moisture is produced through everyday activities at home: showering, cooking, drying laundry and breathing
- Water (condensation) then forms when moist air reaches cold surfaces causing mould



# SUGGESTIONS and TIPS

## Moisture Generation



### Produce as little moist air as possible

- Dry clothes outdoors where possible, otherwise in a well ventilated room on a clothes rack
- Keep lids on cooking pots
- Vent tumbler driers to the outside or at least have a condensation box
- Keep doors closed bathroom and kitchen to prevent moisture moving around the house

Source: CSE

[Web Link](#)







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## How can I reduce condensation?

Condensation occurs when moist air meets cold surfaces,

- Avoid creating excessive moisture in the first place

Then, have appropriate

- Ventilation to remove moist air
- Heating to keep air and surfaces warm
- Insulation to keep warmth in and cold out





# SUGGESTIONS and TIPS

# How to Reduce Condensation



- Reduce the moisture produced in the house, especially from the kitchen and bathroom
- Keep some heating on to reduce cold surfaces
- Ventilate so the moist air leaves the house
- Make sure air can circulate by leaving gaps between furniture and the wall
- Avoid using portable gas and paraffin heaters
- Don't fit new draught-proofing in rooms with condensation problems

Source: EST

[Web Link](#)







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## Ventilation and Draughts

Balance between too little and too much ventilation

- Ventilation needed to clear moisture and smells
- Adequate ventilation helps reduce condensation
- Air bricks or adjustable vents provide ventilation
- Ventilation is very important in kitchens and bathrooms
- Too much ventilation give draughts and heat loss



## SUGGESTIONS and TIPS

## Ventilation and Draughts



Reduce amount of moisture produced in house that has then be removed with ventilation, then

- Open windows when needed, but make sure doors to adjacent rooms closed
- Install extractor fans in kitchens and bathrooms
- Make sure grilles, air bricks and wall vents are not blocked or closed
- Make sure window trickle are open

Source: EST

[Web Link](#)





# Tackling Mould, Damp and Condensation



DM 6

## Would a de-humidifier help me?

### Dehumidifiers

- Reduce the amount of moisture in the air.
- Can help tackle condensation
- Cost money to buy and run; take other steps to reduce moisture first
- Come in different types and models - do some research before buying





# SUGGESTIONS and TIPS

## Dehumidifiers



- Set your dehumidifier to under 60% humidity if possible
- Close the doors and windows in the room where the dehumidifier is on to make it work more efficiently
- Buy a dehumidifier that will remove at least 5 litres of water every 24 hours
- Avoid smaller, cheaper models
- Consult Which? or other consumer magazine on best de-humidifier for you

Source: Which?

[Web Link](#)





# Tackling Mould, Damp and Condensation



DM 5

Create your own card!



# SUGGESTIONS and TIPS

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Create your own card!