

A Residents Guide: Avoiding Condensation & Damp



A build up of condensation and moisture can cause a range of problems for residents including impacting their health, particularly in the winter time. North has teamed up with damp and condensation specialists Cornerstone, to create this short guide on how it can easily be prevented by adopting a few simple methods to help your property to breathe and for air to circulate.

Did you know?

- The winter atmosphere holds less moisture than a summer atmosphere resulting in a big FREE dehumidifier outside
- Summer periods with higher moisture levels don't present a problem internally mainly because the windows are open for longer periods
- Therefore, at this time of year, opening a window for short periods will swap the moist internal air with drier external air
- Our breathing, washing and cooking creates more moisture that a wet structure would therefore virtually all problems are in the air
- 4 – 5 people asleep for approximately 8 hours generates between 1.3 – 1.6 litres of moisture
- Cooking can produce between 2.3 – 2.8 litres of moisture
- Drying clothes inside the home can produce between 4.0 – 5.0 litres of moisture
- Washing and bathing can produce 0.4 – 0.5 litres of moisture
- Open-plan kitchens or leaving doors open after use allows moist air to flow freely around the property
- Condensation on windows is your warm breathing coming into contact with a cold surface and wiping it off reduces the amount of moisture in the property
- A 'musty' odour in a property suggests mould is currently active somewhere
- Mould on furniture and clothes is not due to structural damp but moist air that remains in the property
- Keeping air moving and circulating will reduce the opportunity for spores to settle on a surface.

Therefore, if you follow the below advice this can help keep your home healthy and free from damp and mould

- Even in winter, opening the windows for a short period of time during the day will reduce the opportunity for mould and, with a balance of heating at this time, will assist a comfortable environment for the occupants
- If you need to dry clothes in the home, consider using a clothes horse in the bathroom with the window open and door closed. And, this will also not incur any electrical costs
- After cooking and bathing, leave the door closed and the window open where possible until the moist air has cleared
- If you see mould anywhere in the home, remove it with a fungicide because it will be releasing spores to flow around the property and leads to other areas being infected, why? Because spores are seeking cooler surface areas to land on and develop
- When removing mould, spray the cloth and not the wall as this will force spores to be further released
- Move beds or cabinets slightly away from external walls to allow air circulation behind
- If your extraction unit is in or close to a window, use one or the other and not both at the same time as this doesn't remove all moisture from the room as a whole

Find out more....

Are you interested in understanding how intelligent property management can help prevent damp and mould and improve living conditions.

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