Controlling Condensation & Mould Within Your Home

ateb *better living solutions*

What is condensation?

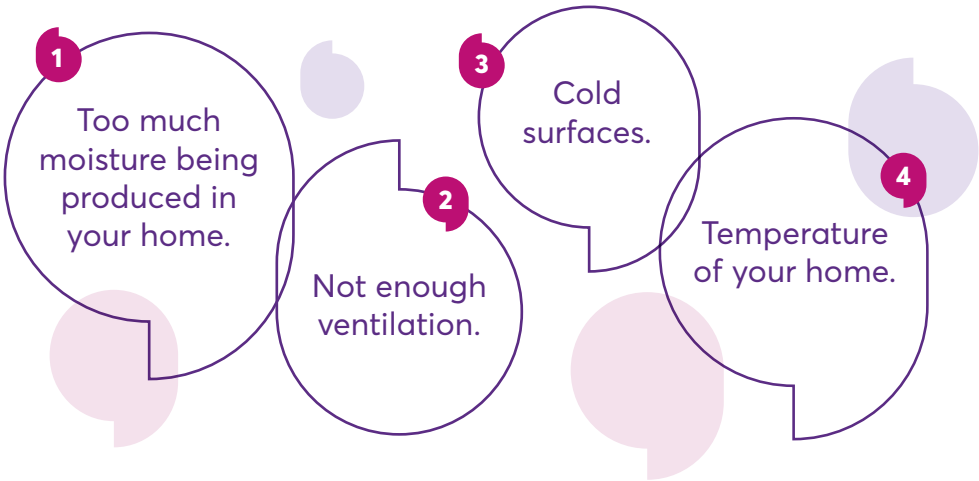
Condensation occurs when warm moist air meets a cold surface.

There is always some moisture in the air, even if it cannot be seen. When air cools it cannot hold all the moisture and tiny drops of water appear. If moist air cannot escape through an open window or air vent, it will move around your home until it finds a cold spot where it will become condensation. This may lead to mould growth.

Problems that can be caused by excessive condensation.

Dampness caused by excessive condensation can lead to mouth growth on walls and furniture, mildew on clothes and other fabrics and the rotting of wooden window frames. Also, damp humid conditions provide an environment in which house dust mites can easily multiply. The presence of mould and dust mites can make existing respiratory conditions, such as asthma and bronchitis worse.

The four main factors that cause condensation:



Condensation occurs when warm moist air meets a cold surface.

Everyday activities add extra moisture to the air inside your home.

2 people at home can produce:

3 Pints

Washing clothes:

1 Pint

A bath or shower:

2 Pints

Cooking and use of a kettle:

6 Pints

Washing dishes:

2 Pints

Bottled gas heater (8 hours):

4 Pints

Drying clothes indoors:

2 Pints

Total moisture added in one day:

Reduce the potential for condensation by producing less moisture.

- Try not to dry clothes inside.
- Always cook with pan lids on.
- When filling a bath, run the cold water first, it will reduce steam by 90%.
- Keep the kitchen and bathroom doors closed when cooking or bathing to stop moisture moving around the home.
- When using a tumble drier, make sure it is vented to the outside or that it is a condensing type.
- Avoid using mobile bottled gas heaters, as they can produce about 8 pints of water per average gas cylinder, and can be dangerous if there is not enough ventilation in the room.

Ventilating your home

- Ventilation can help to reduce condensation by removing moist air from your home and replacing it with drier air from outside.

- Reduce condensation that has built up overnight by "cross ventilating" your home. Open a small window downstairs and a small window upstairs for about 30 minutes. Opening up the interior room doors will allow drier air to circulate throughout your home.

- Ventilate the kitchen when cooking, washing up or washing by hand by opening a small window. Use a cooker extractor hood or extractor fan, they are cheap to run and very effective.

- Ventilate your bedroom by leaving a window slightly open at night, or open the trickle ventilators.

- Do not block air vents.

- Reduce the risk of mildew on clothes by allowing air to circulate. Never over fill wardrobes and cupboards as it restricts air circulation.

- Place furniture on blocks to allow air to circulate underneath.

- Keep a small gap between large pieces of furniture and the walls.

- Do not turn off fan isolator switches.

Cold surfaces

Condensation forms more easily on cold surfaces in your home. In many cases, surfaces can be made warmer by improving the insulation and draught-proofing. This will also help keep your whole house warmer and cut fuel bills.

When the whole house is warmer, condensation becomes less likely. Loft and wall insulation are the most effective forms of insulation.

Temperature of the home

Warm air holds more moisture than cooler air that is more likely to deposit droplets of condensation around your home. Heating one room to a high condensation worse in the unheated rooms. Therefore it is better to have a medium to low level of heat throughout your home.

Keeping the heating on low all day in cold weather will help control condensation. Use the controls on radiators to get a little heat into every room.

Steps against mould growth...

Step 1 First treat the mould already in your home, and then deal with the basic problem of condensation to stop mould reappearing.

Step 2 To kill and remove mould, wipe down or spray walls and window frames with a fungicidal wash e.g. mould and mildew cleaner.

Step 3 Dry clean mildewed clothes and shampoo carpets.

Step 4 Do not try to remove mould by using a brush or vacuum cleaner.

Step 5 After treatment, redecorate using good quality fungicidal paint or a fungicidal resistant wall paper paste to help prevent mould recurring.

Steps against condensation...

It is important to take proper steps to deal with condensation, here are some simple things you should do straight away...

Step 1 Dry windows and window sills every morning.

Step 2 Dry surfaces in the kitchen or bathroom that have become wet.

Step 3 Wring out the cloth rather than drying it on a radiator.

ateb better living solutions

Talking to us is easy.

Pop in and see us at:
Meyler House,
St. Thomas' Green,
Haverfordwest,
Pembrokeshire, SA61 1QP

Contact us on:
Tel → 01437 763688/774703
Fax → 01437 763997
Freephone → 0800 854568
Email → hello@atebgroup.co.uk

atebgroup.co.uk