

# Controlling **Condensation** & **Mould** within your home

#atebgroup

Creating  
better  
**Living Solutions**

ateb





# 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 mould 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:

**1**

**Too much moisture being produced in your home**

**2**

**Not enough ventilation**

**3**

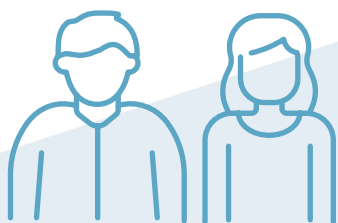
**Cold surfaces**

**4**

**Temperature of your home**

# 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**

1.71 litres



Washing clothes:

**1**

**PINT**

0.57 litres



A bath or shower:

**2**

**PINTS**

1.14 litres



Cooking and use of a kettle:

**6**

**PINTS**

3.42 litres



Washing dishes:

**2**

**PINTS**

1.14 litres



Bottled gas heater (8 hours):

**4**

**PINTS**

2.28 litres



Drying clothes indoors:

**2**

**PINTS**

1.14 litres

**Total moisture added in one day:**

**27**  
**PINTS**

**15.3**  
**LITRES**





## Reduce the potential for condensation by producing less moisture

- ✓ Dry clothing outdoors where possible. If you can't do that, use a room with the window open and door closed – and don't put clothes on radiators to dry. Drying clothes on your radiators will increase your energy costs
- ✓ When filling a bath, run the cold water first, it will reduce steam by 90%.
- ✓ When cooking, open a window or use an extractor fan, and keep the kitchen door closed.
- ✓ Keep lids on saucepans when you cook. Using saucepan lids will also help reduce your energy costs.
- ✓ When taking a bath or shower, open a window or use an extractor fan, and close the bathroom door. Keep the door closed afterwards to stop moist air spreading.
- ✓ If you use a tumble dryer, make sure it has a ventilation pipe leading outside, unless it is a condensing type of dryer.
- ✓ Avoid using portable gas or paraffin heaters as these produce a lot of moisture and can be dangerous if there is not enough ventilation in the room.
- ✓ If you see condensation forming, don't worry – simply wipe it away with a clean dry cloth and open the window.
- ✓ Keep vents and window trickle vents open and clear.
- ✓ Open windows to let the air circulate.
- ✓ Avoid putting too many things in cupboards, as this limits air circulating.
- ✓ Leave about 4 inches/100mm of space between furniture and external walls, so air can circulate.
- ✓ Don't leave clothing or bedding in the corners of rooms.



## Ventilating your home

- ✓ Ventilation can help to reduce condensation by removing moist air from your home.
- ✓ 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.
- ✓ 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

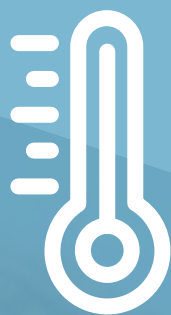
Condensation forms more easily on cold surfaces in your home. In many cases, surfaces can be made warmer by improving the insulation and draught-proofing. This will also help keep your whole house warmer and cut fuel bills.

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

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.

Keeping your home at a constant temperature might sound expensive, but actually takes less energy than warming it once from a cold temperature. Compare it to boiling a kettle – to boil from cold takes a few minutes but it's quicker to boil again when still warm, so uses less energy.





# We can help you with:



## Excess condensation

If you have excess condensation, we can help. Simple things like fitting trickle vents in your windows for constant air flow, or installing extractor fans in your kitchen and bathroom can make a big difference. We may also be able to carry out a mould wash.



## Rising damp

Very rarely, rising damp may be the problem. It causes a 'tide mark' (or horizontal line) to travel up your wall. This means that groundwater could be getting in, usually due to a damaged damp proof course. If you think you have rising damp, don't worry – contact us as soon as you can, and we'll investigate it for you and work quickly to resolve things.



## Penetrating damp

Penetrating damp is caused by water seeping through the walls, often due to a leak or faulty roofing. If you think your home may have penetrating damp, we're here to help – let us know as soon as you can, so we can arrange a home visit and find the right solution.



**Can we help?**

If you've tried to reduce the moisture in your home and it's not working, or if you have a problem with severe condensation or mould, please let us know. **We'll do all we can to help.**

Email us at [hello@atebgroup.co.uk](mailto:hello@atebgroup.co.uk)  
or call us on **0800 854 568**