



SAXON
WEALD

Condensation

What it is and how to prevent it



What is condensation?

Condensation forms when warm damp air touches cold surfaces such as windows or walls, and the steam/vapour condenses back to its liquid form – water. As the room heats up, the water once again becomes vapour or steam, and lingers in the air before the cycle repeats as it reaches a cold surface.

What causes condensation?

Condensation moisture in the air can come from a variety of sources within your property. Water vapour is produced from normal day-to-day activities like ironing, cooking, showering, washing, drying clothes, and even breathing. For example, a five-person household puts about 10 litres of water into the air every day!

Why is condensation a problem?

Condensation can cause a build-up of moisture on surfaces such as walls, windowsills and furniture, and if left unattended, can lead to mould growth. Not only can it be harmful to your health, this mould can also damage wallpaper, furniture, plaster and wood.

How can I prevent condensation in my home?

Some condensation in any property is normal and unavoidable, especially in bathrooms and kitchens. However, there are some simple steps you can take to reduce excess condensation and minimise the impact it has on your home....



Condensation checklist

DO

- ✔ Keep your home at a reasonable constant temperature, as heating and cooling can make condensation worse. Maintaining a temperature of at least 15°C, especially overnight, can help prevent condensation forming.
- ✔ Dry your laundry outside if possible. If this isn't possible, make sure the room is well ventilated to let moist air escape. If you're using a tumble dryer, it's important to vent it to ensure moisture goes straight outside.
- ✔ Open your windows for ten minutes each morning to let fresh, dry, clean air into your home. This will help to get rid of any stale, moisture-filled air that's lingering. It's also a good idea to maintain a constant low level of ventilation by keeping the trickle vents open at the top of your windows. As dry air takes less energy to heat than moist air, this will have a minimal effect on your energy bills. Some windows can be opened slightly and still be in a locked position for security.
- ✔ Wipe around your windows and sills, and wipe down the tiles after showering, to remove most of the excess moisture and prevent mould forming.
- ✔ Open the window and close the bathroom door as soon as you've finished bathing or showering to let the warm, moist air escape. If you don't have a window in your bathroom, ensure your extractor fan is on during bathing or showering and kept on for a short while after. Extractor fans help to transport moist air outside, so it's important to clean it regularly to remove dust and dirt, and keep it running effectively.
- ✔ Keep lids on pans where possible and kitchen doors closed during cooking to reduce the amount of moist air travelling through your home.

DON'T

- ✘ Blast the heating on a high setting once or twice a day, as this can cause more condensation and dampness as the hot air hits cold surfaces.
- ✘ Dry laundry on radiators as this can put moisture back into the air.
- ✘ Push furniture right up to the walls, stuff cupboards to the brim or block radiators with furniture or curtains, as this can prevent fresh air from circulating.
- ✘ Ignore condensation. Tackling it at the first signs can help to prevent condensation and mould from becoming a problem.

Getting rid of mould

Removing the black mould from walls is a relatively easy task. It can be washed down using a specialist mould cleaner or fungicidal wash. If you notice any black spots or mould spores developing, use a mould cleaner on the affected area as soon as possible, always following the manufacturer's instructions.

Further advice

If you have followed these guidelines and the problem has not improved, please get in touch and let us know.