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# PREVENTING DAMP AND CONDENSATION

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Women's  
Pioneer Housing  
Est 1920

The following leaflet provides information on Damp and Mould and will advise on the causes, how to manage and prevention of Damp and Mould.

**In many of our homes damp and condensation can become a major problem.**

## WHAT IS CONDENSATION?

It is caused when warm, moist air hits a cold surface such as a window or external wall and condenses, running down the cold surface as water droplets. If left this can develop into black mould which looks and smells bad and can cause health problems as well as thousands of pounds worth of damage to clothes, furniture, books, shoes and decorations.

Condensation can be a problem in any property no matter its age. It is often worse in homes that have been modernised as ventilation and the circulation of air is reduced.

Controlling ventilation and air circulation around the home is very important in the prevention of condensation because this allows moisture-filled air to escape to the outside, preventing future problems inside your home.

Rising or penetrating damp can cause problems in your home although it is less common than condensation.



### DID YOU KNOW?

- A single person can add moisture to the air equivalent to 10 to 15 litres of water a week just by breathing
- Showering, cooking, bathing and washing can add 15 to 20 litres a week
- Drying clothes indoors can add 10 to 15 litres a week

## WHAT IS RISING DAMP?

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Rising damp is caused by a failed or 'bridged' damp-proof course. This allows moisture in the ground to rise up through the ground floor walls of your home, sometimes to a height of one metre. You can usually identify rising damp because it is often associated with a tide mark at the edge of the area of damp caused by salt deposits.



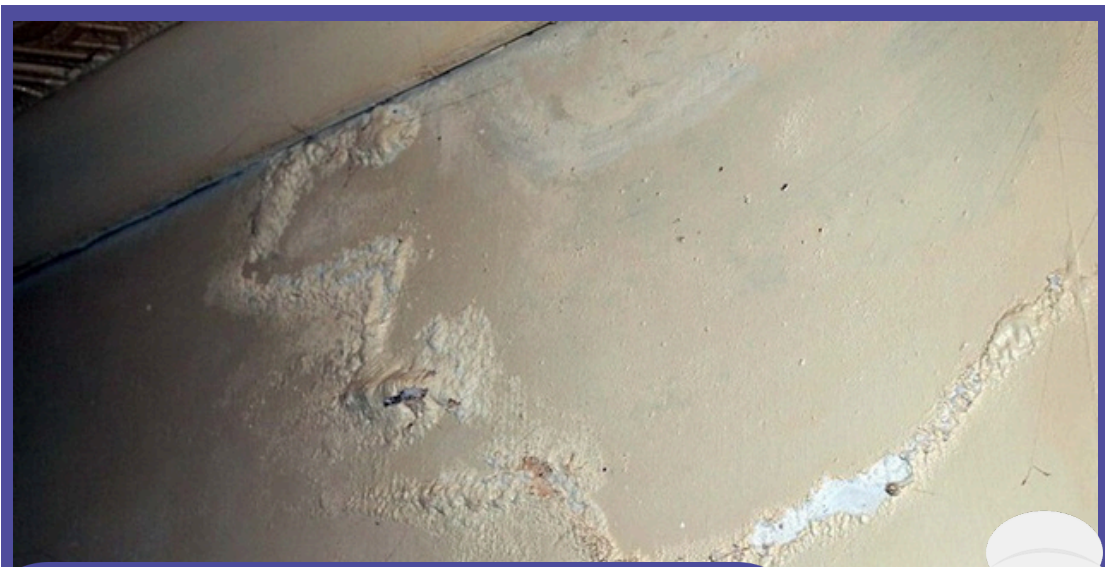
## WHAT IS PENETRATING DAMP?

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Penetrating damp is classed as any water that finds its way inside from the outside. It can occur at all levels of the building and is usually higher up. Overflowing gutters, missing roof tiles, leaking pipes and downspouts, badly fitting windows/doors and damaged pointing, cladding or flashing or render as well as covered air bricks can all be a source of penetrating damp.

Typical signs of penetrating damp are:

- growing areas of damp on walls or ceilings
- blotchy patches on walls
- wet and crumbly plaster
- signs of spores or mildew
- drips and puddles



If you think damp is causing a problem in your property please contact us so that we can work together to resolve the issue.



## WHAT DOES CONDENSATION DO TO OUR HOME?

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Condensation can cause mould to form in your home, lead to staining/damaging wallpaper, wall surfaces, window frames, furniture and clothing. The mould and its spores carry the musty smell that is often associated with a damp house. Black mould can't grow where salt deposits are present (as with rising damp) and is therefore a sign of condensation.



**Water vapour is generated in your home in many ways but the main causes are:**

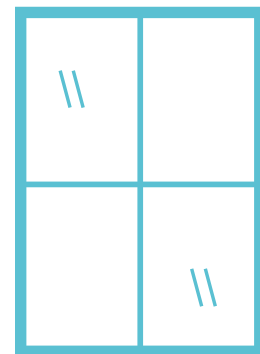
- steam from cooking and boiling the kettle
- baths and showers
- drying clothes inside
- unsuitable venting of tumble dryers



## Areas prone to condensation

The following areas are particularly prone to condensation:

- cold surfaces such as mirrors, windows and window frames
- kitchens and bathrooms where a lot of steam is created
- external walls, walls of unheated rooms and cold corners of rooms
- wardrobes/cupboards and behind furniture against an external wall and a lack of ventilation



## Reducing condensation

There are four things to consider when preventing a condensation problem - **heating, insulation, ventilation and excess moisture.**

### Heating

Condensation is most likely to be a problem in homes that are under-heated.

- **Try to keep temperatures in all rooms to above 18°C as this will reduce condensation forming on external walls.**

### Reduce the moisture

Condensation in your home occurs when there is too much moisture in the air. You can take steps to reduce the amount of moisture in the air by following some of our top tips.



## TOP TIPS TO REDUCE CONDENSATION

1. Try and keep temperatures between 18-21°C in main living areas whilst indoors.
2. Don't block airbricks or air vents.
3. To kill and remove mould wipe down wall and window frames with a fungicidal wash which carries a Health & Safety Executive approved number.
4. Dry washing outside whenever possible.
5. Don't dry clothes on radiators. This will make your boiler work harder to heat your house and cost almost as much as using a tumble dryer, whilst creating a lot of condensation.
6. If you have to dry clothing indoors and don't have a tumble dryer, place clothes on a drying rack in a room where a window can be opened slightly and keep the door closed.
7. No drying rack? Put your clothes on hangers and hang from a curtain pole above a slightly opened window.

# WHAT CAN I DO TO REDUCE CONDENSATION IN MY HOME?

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## IN THE LIVING ROOM



- Open window trickle vents during the day or when going out, or open windows for at least 10 minutes every day
- Hang thick, heavy lined curtains during the winter to help keep the room warm.



## IN THE KITCHEN



- Close internal doors whilst cooking and open a window
- Use an extractor fan if you have one
- Put lids on pans (this also reduces boiling times and helps save money)
- Only boil as much water as you need in a kettle to reduce steam and save money.

## IN THE BATHROOM



- Open windows whilst bathing/washing and leave them open for about 20 minutes after, if it is safe to do so
- Use an extractor fan if you have one
- Take shorter and cooler showers
- When running a bath put the cold water in first; this results in significantly less condensation
- Wipe down windows/mirrors /tiles/shower doors with a window squeegee and mop up the moisture with an absorbent cloth which can be wrung out in the sink
- Don't leave wet towels lying around.

## IN THE BEDROOM



- Wipe down windows with a window squeegee
- Open window trickle vents during the day or when going out, or open windows for at least 10 minutes every day
- Don't put furniture, including beds, against any external walls and try to leave a gap between the wall and furniture to allow airflow
- Hang thick, heavy lined curtains during the winter.

## DECORATING



- When wallpapering use a paste containing a fungicide to prevent further mould growth
- Use thermal lining paper under wallpaper when decorating
- Use mould-resistant paint on areas prone to mould such as ceilings above windows.

# WHAT SHOULD YOU DO IF YOU HAVE DAMP AND MOULD?

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## LET US KNOW

If you see condensation, damp or mould contact us as soon as possible



Via email: [customerservices@womenspioneer.com](mailto:customerservices@womenspioneer.com)



Call us on 020 8749 7112



Report on our website: <https://womenspioneer.co.uk/report-a-repair/>

- Our surveyors will contact you to assess the property and work together with you for resolutions.
- Once treated, our surveyors will re-inspect to ensure damp and mould has not returned.
- We will work with you and advise on how damp and mould can be reduced/cleared from your home



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