

Controlling condensation, damp, and mould



THINK STAR:



Spot
the signs



Try
our tips



Act
fast



Report
it

We want everyone to be safe and healthy in their homes. This leaflet tells you about condensation, damp, and mould, the actions you can take, top tips to reduce moisture, and when to report something to us.

What is condensation?

Condensation occurs when there is a build up of moisture in the air. There is always some moisture in the air, even if you can't see it. Moisture is produced during everyday activities such as cooking, bathing, drying clothes, and even breathing.

What causes condensation?

Warm, moist air condenses and forms water when it comes into contact with a cool surface, such as a wall or window.

Condensation isn't caused by water coming from outside your home, it's caused by moisture that is produced from inside the home.

There are four main factors that cause condensation:

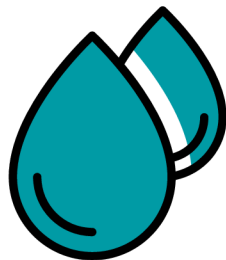
- Too much moisture being produced within the home
- Not enough ventilation
- Cold surfaces
- The temperature of your home

Everyday activities add extra moisture to the air inside your home. You may notice that there is condensation on your windows first thing in the morning, this is because one person breathing adds half a pint of moisture to the air overnight!

Problems that can be caused by excessive condensation

If condensation can't dry out, it can cause mould to form on walls and furniture and mildew to grow on clothes and other fabrics.

Timber windows can become rotten as a result of too much condensation.



★ Spot condensation?

★ Act fast to wipe it away!

How much moisture is produced?

Drying clothes indoors = 9 pints (5.1 litres)



Cooking and using a kettle = 6 pints (3.4 litres)



Breathing (2 people at home for 16 hours) = 3 pints (1.7 litres)



Fish tank = 3 pints (1.7 litres)



Washing dishes = 2 pints (1.1 litres)



Pets - one large dog = 2 pints (1.1 litres)



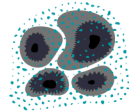
Taking a bath or shower = 2 pints (1.1 litres)



All of the above would add a total of 27 pints (around 15 litres) of extra moisture to the air inside your home!

What can I do to remove mould and mildew?

- Treat and remove mould before it becomes a deep black colour as it will be much harder to remove.
- Wipe down affected areas with a fungicidal (mould killing) wash, carefully following the manufacturer's instructions.
- Wash or dry-clean mildewed clothes and shampoo mouldy carpets.
- If the mould has been extensive - remove the wall lining and wallpaper, treat the plaster, and then paint/ paper the area.
- Redecorate treated areas using a good quality fungicidal paint, carefully following the manufacturer's instructions.



What can I do to reduce condensation?



1 Avoid creating excessive moisture

- Dry clothes outside whenever possible or in a well ventilated room
- Keep saucepan lids on when boiling water or cooking
- Make sure tumble dryers are vented to the outside
- Avoid using bottled gas heaters
- Wipe down the bath or shower after each use



2 Reduce moisture in the air when using hot water

- Keep kitchen and bathroom doors shut to prevent steam getting into the colder rooms
- Use extractor fans when cooking or washing
- Open windows and vents so that steam can escape
- Wipe down condensation from cold surfaces such as windows, window sills, and tiled surfaces to prevent mould forming



3 Increase ventilation so moisture can escape

- Open windows daily for around 15 minutes to allow a change of air
- Move large items of furniture away from external walls and radiators to allow the air to circulate
- Allow the air to circulate in wardrobes by not overfilling them



4 Raise the temperature of your home

- Take extra steps to prevent heat loss by fitting draught excluders to windows and external doors, and use underlay carpets
- Where you can, maintain a consistently warm level of heating in your home



Spotting other types of damp

The other most common kinds of damp in the home are:

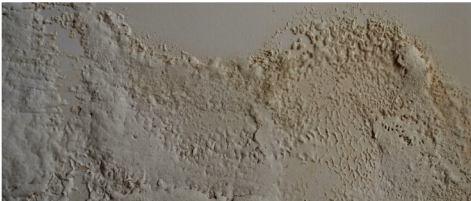


Rising damp

Rising damp is caused by ground water moving up through a wall. Most walls allow some water in, but it's usually stopped from causing damage by a barrier called a damp-proof course.

Rising damp can occur if the damp-proof course in your home is either missing or not working properly, or the level of the ground outside your home is higher than your damp-proof course, allowing water to get above it.

If you have rising damp you may notice damaged skirting boards and floorboards, crumbling or salt stained plaster, and peeling paint and wallpaper. A typical sign of rising damp is the appearance of a tide mark running along the wall.



Penetrating damp

Penetrating damp is caused by water leaking through walls horizontally rather than by water travelling up walls (as is the case with rising damp). This type of damp is usually caused by structural problems such as faulty guttering or roofing.

Penetrating damp often shows up as damp patches on walls, ceilings or floors, which may darken when it rains. You're more likely to get penetrating damp if you live in an older property with solid walls, as cavity walls provide some protection.



If you think you have rising or penetrating damp in your home, get in touch with us straight away on 01226 787878 so we can take action.

Top tips for reducing condensation



COOKING TIPS

✓ Always cook with pan lids on

✓ Use the extractor fan if you have one - it's cheap to run and very effective



Don't use your gas cooker to heat your kitchen as it produces moisture when burning gas



WASHING TIPS

✓ When filling the bath, run a bit of cold water first then add hot - this will reduce the amount of steam produced by around 90%

✓ Switch on the fan if you have one - it's cheap to run and very effective



WINDOW TIPS

✓ Keep trickle vents open if you have them

✓ Opening your windows for just a short burst (15 minutes) will allow air flow

✓ Open your windows if you notice them misting up - even slightly open is effective



Be careful not to over ventilate in the winter months as reducing the temperature of your home can make condensation worse and increase your heating bill



To use an extractor fan for an hour each day (based on 2024 average):

Daily cost: 0.68p

Monthly cost

(30 days): 20.4p

Annual cost: £2.45



HEATING TIPS



Where you can, keep your home at a consistent medium to low heat instead of heating some rooms a lot and others not at all



The World Health Organisation (WHO), the UK Government, and The Energy Saving Trust all agree that during winter, your home should be kept between 18 to 21°C while in use



If you don't have heating in every room of your house, keep internal doors open so warm air from the heated rooms can circulate



Use an electric heater, like an oil-filled radiator or panel heater, on a low setting to heat rooms without installed heating



Don't use portable bottled gas heaters - they can be dangerous if not ventilated, and are a breach of your tenancy agreement



If you're worried about heating your home and paying your bills, please phone and ask for our Tenants First team on 01226 787878 or scan the QR code to contact us online



PET TIPS



Pets breathe out moisture and wet fur adds humidity to the air - always dry them off properly after a walk



Uncovered fish tanks release water vapour into the air - use a lid or cover to reduce excess moisture

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