

MANAGING & PREVENTING CONDENSATION

What Causes Condensation?

Condensation is caused by an excessive build-up of moisture in the air. Allowing this to continue to develop could lead to mould growth which not only can cause damage to the building fabric, but it could also lead to health problems for the occupants of the home.

There are a number of different ways in which moisture can get into your home. These can include:

- Rain leaking through roofs and blocked or damaged guttering
- Leaks from plumbing faults and failed appliances
- We add moisture to the air all the time through everyday activities including breathing, cooking, drying clothes, as well as from our pets and any house plants.
- Cooking/showering without the use of ventilation and/or use of an extractor fan
- Drying clothes in an unventilated room
- Poor ventilation of the home

On average, a household can produce around 10 litres of moisture each day.

When Does Condensation Occur?

Condensation mainly occurs in the winter when there is excess moisture in the air, which condenses on cold surfaces. Allowing this to build up will inevitably cause condensation droplets to form on those surfaces which come into contact with colder outdoor temperatures such as windows and external walls.





How to Reduce Condensation

There are three main ways in which you can reduce condensation in your home. These include reducing the amount of moisture produced, keeping your home adequately heated and ensuring you ventilate your home.

It is vitally important that you ventilate your home effectively in order to reduce the risk of condensation developing and remaining over long periods of time. If this happens, it is very likely to lead to mould growth in the home. Therefore, if you see condensation developing you should wipe it down in order to prevent the risk of mould growth.

There are a number of ways in which you can manage and prevent condensation in your home:

- Reduce the amount of moisture produced in the first place – keep lids on pots and pans, dry clothes outside where possible and if you use a tumble drier, make sure it is vented outside.
- Ventilate your home regularly – this will ensure the moist air leaves the home. This is achieved by using any extractor fans or simply opening windows throughout the day, particularly when showering/bathing.
- Ensure furniture isn't placed flush against walls so air can circulate.
- Ensure that all rooms in your home are heated adequately, even if they are rarely used.

