

# A guide to combating condensation and mould

**A must-read for landlords and tenants**

Courtyrd

# Courtyard

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## My name is David Gibbons, and I'm the Managing Director at Courtyard Homes.

Welcome to our guide on combating condensation and mould, two familiar foes in many rented (and owned) homes across Warrington.

All good tenancies are a partnership between caring landlords and responsible tenants. And that's why this guide is written with both in mind.

We've used our years of experience in lettings to provide practical advice, clear explanations and effective remedies to condensation and mould problems.

Understanding the causes, identifying problem areas and implementing effective measures are crucial steps in addressing these issues effectively.

It's also important to remember that pretty much every home in the UK, due to our climate, gets a degree of condensation and – to a varying degree – mould.

Our guide is designed to be a useful resource, providing easy-to-follow advice, from identifying high-risk areas in your home to adopting long-term strategies to combat condensation and prevent mould growth.

Whether you're a landlord looking to safeguard your property or a tenant aiming to maintain a comfortable living space, this guide, like everything we strive to do as an agency, has got you covered.

Look out for our top tips on each page of this guide – a quick-fire way to stay on top of things.

Thanks for reading.



# What are condensation and mould?

In this section, we delve into what condensation and mould are, why they occur and how they can impact your home and health.

Condensation is when warm, moist air meets a colder surface, turning water vapour into liquid. This often happens in homes during colder months (but can occur in summer, too) when heating systems are on and windows are closed, creating a perfect environment for condensation.



## Understanding the 'dew point' is key.

It's the temperature at which air can no longer hold all its water vapour, causing it to condense into water droplets. In homes, this often occurs on cold surfaces like windows or walls. Keeping indoor humidity at a balanced level is crucial in preventing the dew point from being reached inside your home.

But why is condensation a concern? When excess moisture accumulates, it creates ideal conditions for mould growth. Mould, a fungus, thrives in damp, poorly ventilated areas.

It can spread quickly, causing damage to your property and, in severe cases, potentially lead to health issues, especially for those with allergies or respiratory problems.

An important point here is not to panic – mould that causes health problems is extremely rare.



Recognising the first signs of condensation and mould is the first step in tackling them. From here, we will explore how to identify high-risk areas in your home and the common causes that contribute to these issues.

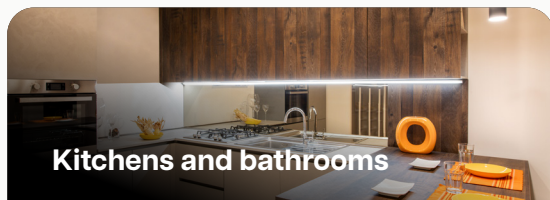
### Top tip

Install or upgrade extractor fans, especially in kitchens and bathrooms.

# The places condensation and mould love

Let's identify the common battlegrounds in your home where condensation and mould are most likely to occur.

Understanding these areas can help landlords and tenants focus their prevention and treatment efforts more effectively.



## Kitchens and bathrooms

These areas are moisture hot spots due to cooking, boiling water and bathing. Without adequate ventilation, this moisture lingers and condenses on cooler surfaces



## Cupboards and wardrobes

Tucked away and often poorly ventilated, these spaces can become mould havens, especially if they are against external walls.



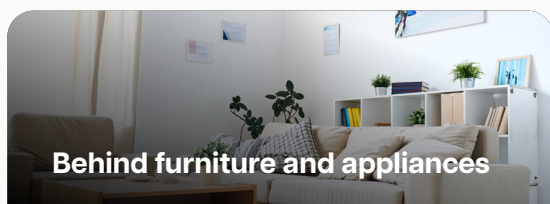
## Windows and windowsills

Condensation frequently forms on windows, particularly during colder months, leading to mould growth on sills and frames.



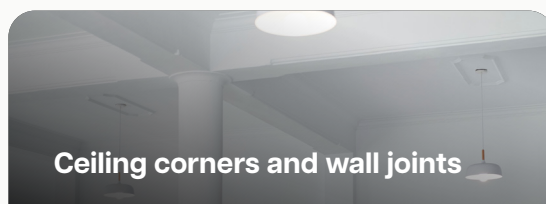
## Basements and cellars

Often having poor ventilation and being prone to dampness, these lower levels of a home are common sites for mould.



## Behind furniture and appliances

Areas behind large pieces of furniture or appliances, like fridges, that are rarely moved or cleaned behind, can be hotspots for mould.



## Ceiling corners and wall joints

These areas can harbour condensation and mould due to less air circulation.

By identifying these high-risk areas, landlords and tenants can take targeted action to reduce the development of condensation and mould.

Regular checks and maintenance of these areas are vital in preventing mould growth and maintaining a healthy living environment.



### Top tip

Routinely check for mould or excessive moisture signs, especially in high-risk areas.



# Unveiling the causes of condensation and mould

Understanding the common causes of condensation and mould is crucial in effectively combating them.

Here, we highlight the typical lifestyle and environmental factors contributing to these issues.

## > **Overcrowding:**

More people in a space means more moisture from breathing and perspiration. The average adult releases around 400g of water daily – just by breathing.

## > **Tumble drying and cooking:**

These activities can release significant moisture into the air without proper ventilation.

## > **Lack of airflow:**

Poor ventilation traps moist air inside, especially in modern, well-sealed homes.

## > **Rarely opened windows:**

Fresh air helps to reduce indoor humidity levels – and closed windows prevent this exchange.

## > **Drying clothes indoors:**

Wet clothes significantly increase indoor humidity.

## > **Cold indoor temperatures:**

Warm air holds more moisture; when it cools, condensation occurs.

Seasonal behaviours, like drying clothes indoors and keeping windows shut in colder months to conserve heat, exacerbate these issues.

Recognising and addressing these causes is vital in maintaining a clean, mould-free home.



Keep heating systems in good working order to ensure consistent, moderate temperatures.

## A step-by-step guide

# Mould removal

Dealing with existing mould is crucial in maintaining a comfortable, cleaner home. This section provides a safe and effective process for cleaning mould from your home.

### > Safety first:

To be on the safe side, wear protective gloves and if you feel the need to – goggles. Ensure the room is well-ventilated.

### > Preparation:

Remove any furniture or items near the mouldy area. Cover anything that can't be moved with plastic sheets

### > Cleaning products:

Use a mould / mildew cleaning spray or a combination of water and mild detergent. Avoid bleach as it doesn't prevent mould from returning and can discolour surfaces. Always read the instructions.

### > Scrubbing:

Gently scrub the affected area with a soft brush or disposable cloth. Be careful not to brush too hard, as this can release more mould spores into the air. When finished, put the disposable cloth straight into a bag, seal it and dispose of it to remove spores from inside the property.

### > Wipe down:

Wipe the area with a damp cloth to remove the mould. Ensure no residue is left behind.

### > Drying:

Dry the cleaned area thoroughly. A dehumidifier can help speed up this process.

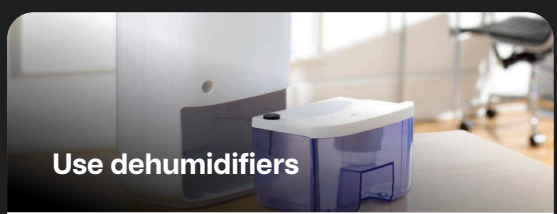
It's important to remember that mould can be easily managed by regularly checking for early signs and tackling it promptly.

#### Top tip

Open windows for 15 minutes daily to reduce indoor moisture. And always read the instructions on cleaning products.



# Quick fixes to reduce condensation and mould



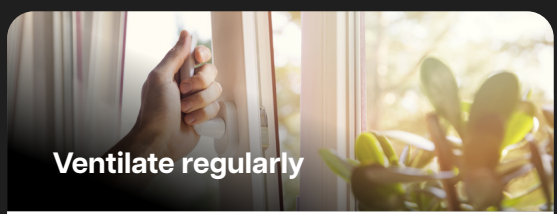
## Use dehumidifiers

Portable, plug-in dehumidifiers can significantly reduce moisture levels in high-risk areas like kitchens and bathrooms.



## Wipe down windows

Each morning, remove condensation from windows to prevent mould growth on sills.



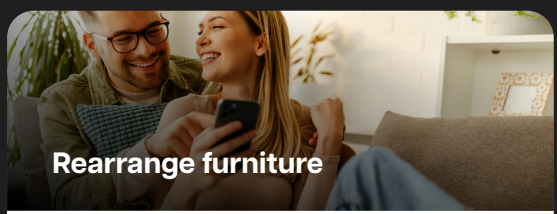
## Ventilate regularly

Open windows for at least 15 minutes daily to allow fresh air to circulate



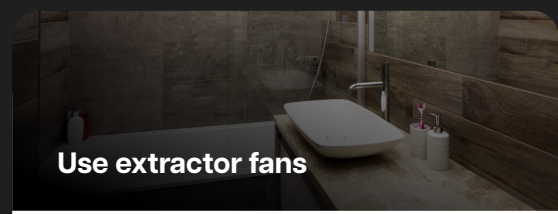
## Maintain warm indoor temperatures

Consistent, moderate heating reduces the likelihood of condensation.



## Rearrange furniture

Leave a gap of at least two inches between furniture and external walls to improve air circulation.



## Use extractor fans

When cooking or showering, ensure extractor fans are on to remove excess moisture. And leave them running for 10-20 minutes after you finish.





# Thinking longer term

Investing in long-term strategies is essential for effectively reducing condensation and mould risks as well as creating a cleaner, more comfortable home. Here are some key sustainable solutions for landlords and tenants.

➤ **Upgrade to humidistat-controlled extractor fans:**

These advanced fans activate upon detecting high humidity, ensuring optimal ventilation in kitchens and bathrooms.

➤ **Enhance insulation:**

Effective insulation in walls and lofts is vital for maintaining consistent indoor temperatures and preventing condensation on cold surfaces. Beyond mould prevention, it also improves energy efficiency and can lower heating costs.

➤ **Install trickle vents:**

Trickle vents – small openings in windows or walls – allow controlled natural ventilation, essential for reducing indoor humidity, particularly in modern, well-sealed homes.

➤ **Positive input ventilation (PIV) units:**

PIV systems introduce and circulate fresh, filtered air throughout the home, displacing stale, moist air. This reduces humidity and enhances air quality, especially in homes struggling with persistent condensation and mould. Be warned, though, these can be costly.

➤ **Regular maintenance**

Ensuring ventilation systems and dehumidifiers are in peak condition is vital. Regularly servicing these systems, particularly humidistat fans and PIV units, is crucial for maintaining optimal humidity levels.

Implementing these strategies offers long-term benefits for a mould-free environment, contributing positively to the property's integrity and value. While there's an upfront investment, the health benefits and savings make these a prudent choice for landlords and tenants.



# Don't panic – Here's why

As we conclude our guide, it's important to remember that condensation and mould can be concerning, but they are usually easily manageable with the right approach.

## > No need for panic

Condensation and mould are common and usually straightforward to sort out.

## > Balance indoor environment

Aim for a healthy balance of humidity, temperature and air circulation.

## > Ask an expert

A good letting agent can offer expert advice and practical solutions. We're more than happy to help.

## > Stay informed

Keep up to date with advancements in home ventilation and moisture control.

## > Proactive maintenance

Regular maintenance of your property can prevent mould issues.



Landlords – find and work with a letting agent with the experience and empathy to make tenancies run smoothly.





# Need more help or advice?

Contact us, your local property experts, for personalised support and guidance every step of the way.

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