

**INDUSTRIAL  
DWELLINGS  
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EST 1885



# **Damp and Mould Prevention Guidance**

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# What is condensation?

Condensation occurs when warm moist air hits a cold surface.

## Condensation explained

- Unless the moist air can escape through an open window, air vent or extractor fan, it will stay in your home until it finds a cold spot where it can condense.
- If the air gets colder, it cannot hold all the moisture and tiny drops of water appear.
- Condensation mainly occurs during cold weather. It appears on cold surfaces and in places where there is little movement of air and often leads to mould forming in corners, on or near windows, in or behind wardrobes and cupboards.

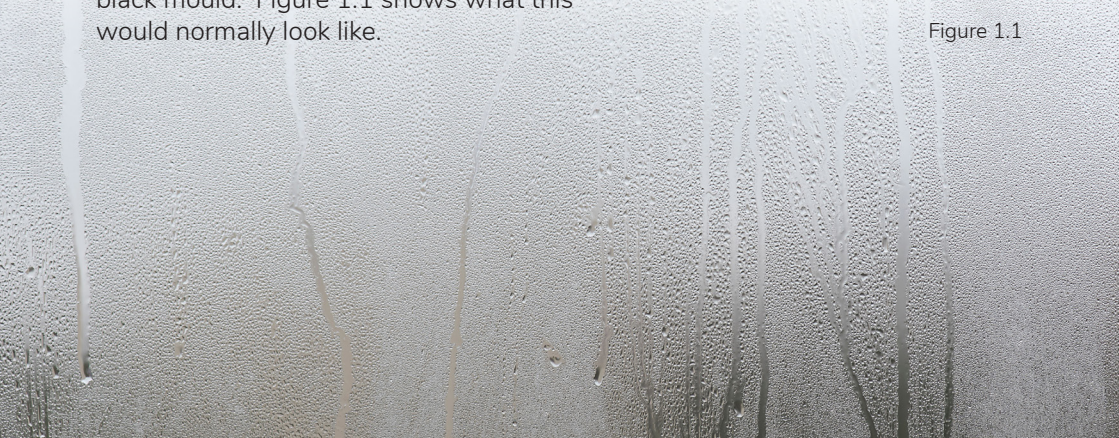
## Other kinds of damp

**Penetrating damp** - Penetrating damp can be caused by leaks from roofs, windows and plumbing. This dries once the leak is fixed and rarely leaves black mould.

**Rising damp** - Rising damp is extremely rare and is caused by water soaking up a wall by no more than 1m. It almost never causes black mould. Figure 1.1 shows what this would normally look like.



Figure 1.1



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# How to avoid condensation

## 1. Heat your home effectively

- If you have a central heating system in your home, leave the heating on a **low setting**, or set the timer switch to turn the heating on in the morning and afternoon/evenings. Let the system's thermostat turn the heating on/off automatically.
- Other forms of heating such as storage heaters will need to be manually operated and it is advised that these be left on low to moderate settings for long periods of the day.
- Try to avoid having cold areas in your home, by ensuring that the whole of your property is heated to a moderate temperature (suggested 18 - 21 degrees).

## 2. Reduce moisture and its spreading

Some ordinary daily activities produce a lot of moisture very quickly. Make sure you try to:

- Cover cooking pots/pans and do not leave kettles boiling on the hob.
- Dry washing outdoors on a line or put it in the bathroom with the door closed and the window open or fan on. Do not dry washing on radiators.
- Tumble dryers remove moisture from wet clothing and **must be vented to the outside**. Check the operating manual for advice on how to vent it. If your tumble dryer is part of the washing machine it will be vented automatically. Do not vent directly through the structure of the building, alterations to the structure of the building need permission, so contact IDS beforehand.
- Wipe condensation on windows to prevent it from running on to the walls below and spoiling your decorations. Likewise, wipe dry surfaces where moisture forms to prevent mould from occurring.
- Close the kitchen and bathroom doors when these rooms are in use, even if your kitchen or bathroom has an extractor fan. This will help prevent moisture reaching other rooms, especially bedrooms, which are often colder and more likely to suffer with condensation. Likewise, keep bedroom doors closed to reduce the risk of moisture travelling to these rooms.

We are currently creating programs to ensure all our housing stock have mechanical extraction within both kitchens and bathrooms.

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# How to avoid condensation

## 3. Increase ventilation

- Keep a small window ajar or a trickle ventilator open when someone is in the room.
- Make use of extractor fans. If they are not working or not present, please contact IDS.
- Ventilate kitchens and bathrooms when in use. Leave windows open for half an hour after bathing or cooking to get rid of the moisture.
- Never block ventilators, i.e. vents to windows, airbricks to walls and chimney breasts.



# Household moisture producing daily activities

Our everyday activities add extra moisture to the air inside our homes. Even our breathing adds some moisture.

One person sleeping adds half a pint of water to the air overnight and an active person adds twice that rate during the day, moisture added to the air can increase condensation. The list below gives you some idea of how much extra water you could be adding to the air in your home in a day:



# Warmth versus ventilation

## Striking the right balance between warmth and ventilation

It is important to open windows and ventilate your home. It may appear that you are losing some heat, but what you are doing is allowing **warm moisture-laden air to escape and permitting cool dry air to enter your home.**

## Dry cool air is actually cheaper to heat than warm moist air

Many people who have double-glazing installed experience problems with condensation and mould growth that they did not experience with their old draughty window frames. New windows need to be managed in a different way and ventilation becomes even more important.

## Trickle vents

By using trickle vents or opening windows slightly, the necessary ventilation can be achieved. Remember – it is advised to ventilate for approximately 30 mins to 1 hour, not to leave the windows open all day.

## Remember

- Open windows or use extractors when cooking, bathing or showering.
- Dry clothes in ventilated rooms or outside, they will dry twice as fast.  
**Never put them on the radiator.**
- Heat your living room to 21°C and bedrooms to 18°C.
- Wipe away small patches of mould before they spread.



# Key points on how to avoid condensation and mould

1 Heat your home sufficiently



2 Reduce moisture spread



3 Ventilate your home



4 Manage minor mould spotting when it appears. Notify IDS for assessment.



5 If severe or not improving, **contact IDS urgently**



## Contact

If you have tried all the methods in this leaflet, and you still are experiencing condensation and mould within your property, please contact us:

**Customer Services / Repairs Center**  
020 8800 9606 | [repairs@ids.org.uk](mailto:repairs@ids.org.uk).

আপনি যদি মনে করেন যে এই প্রকাশনাটি অন্য ভাষায় অনুবাদ করে আপনি উপকৃত হবেন, তাহলে অনুগ্রহ করে আমাদের জানান। আমরা সবাইকে অন্তর্ভুক্ত করার জন্য আগ্রহ প্রকাশ করছি। সাহায্য করতে পারে এমন IDS কর্মীদের যেকোনো সদস্যের সাথে যোগাযোগ করুন।

אם נראה לך שתפיק תועלת מכך שפרסום זה יתורגם לשפה אחרת, נא ידע אותנו על כך. אנחנו מעוניינים מאוד שכולם ייכללו. נא צור קשר עם כל חבר בצוות IDS שביכולתו לעזור.

ئەگەر هەست دەکەیت سوود لە وەرگرتنی ئەم بلاوکراوەیە بۆ زمانێکی دیکە وەردەگرت، تکایە ئاگاداران بکەو. هەز دەکەین هەمووان بەشدارین. تکایە پەیوەندی بە هەر ژمارەیەک کارمەندانی IDS بکە کەوا دەتوانن یارمەتیت بدەن.

Jeżeli uważają Państwo, że przetłumaczenie niniejszej publikacji na inny język byłoby dla Państwa korzystne, prosimy o poinformowanie nas o tym. Zależy nam na tym, aby wszyscy zostali uwzględnieni. Prosimy o kontakt z dowolnym pracownikiem IDS, który udzieli Państwu pomocy.

Haddii aad u malaynayso inaad ka faa'iidi doonto in daabacaadan loo turjumo luqaddo ka duwan, markaa faldan na ogaysii. Waxaanu aad u rabnaa in qof kasta lagu daro. Fadlan la xidhiidh xubin kasta oo shaqaalaha IDS ee ku caawin karo.

Bu yayının farklı bir dile tercüme edilmesinin size yarar sağlayacağını düşünüyorsanız lütfen bunu bize iletin. Herkesin kapsama girmesini arzu ederiz. IDS personelinde size yardımcı olabilecek herhangi bir kişi ile irtibata geçiniz.

اگر آپ کا خیال ہے کہ کسی مختلف زبان میں اس اشاعت کا ترجمہ کروانے سے آپ کو فائدہ ہوگا تو، پھر براہ کرم ہمیں بتائیں۔ ہم ہر کسی کے شامل ہونے کے آرزومند ہیں۔ براہ کرم IDS کے کسی بھی ایسے ممبر سے رابطہ کریں جو مدد کر سکتا ہو۔

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