Headway

the brain injury association

Central Lancashire

Glenn Slater

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WELCOME

HOW TO PREVENT CONDENSATION IN BUILDINGS

Presented by: Rob Davies

For and on behalf of Headway CL and

Glenn Slater Contractors Ltd

the brain injury association
Central Lancashire

- What is it?
- What are the health risks?
- Who is most at risk?
- How to identify it.
- What are the causes?
- How to prevent it.

What is condensation?

- In a nut shell, condensation occurs when warm air, containing water vapour, comes into contact with a cool surface which has a temperature below the dew point of the water vapour.
- Dew point being the temperature below which water droplets begin to condense and dew can form.

What are the health risks?

- In small amounts most people should be fine but if condensation is allowed to build up and mould begins to form, those who already suffer from health issues may suffer further issues. Some people will experience cold-like symptoms as a result of condensation and, where there is a lot of condensation and mould, more serious conditions can develop.
- At the milder end of the scale, people can experience runny noses, sore throats and coughing as a result of condensation however, some people will also experience slightly more extreme symptoms possibly leading to rhinitis and sinusitis that will need treating.
- More extreme cases have involved black mould which has caused serious respiratory issues and in some cases, fatalities.
- A significant portion of childhood asthma cases have been linked to condensation, according to the World Health Organization.

Who is the most at risk?

- Anyone can experience difficulties due to condensation, damp and mould but the most at risk are:

  - Babies and small children
  - The elderly
  - Those with existing skin conditions, such as eczema
  - Those with existing respiratory problems, for example asthma and allergies
  - Anyone with a weakened immune system

How to identify condensation

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Identifying Condensation

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WHAT ARE THE CAUSES?

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Common causes

Boiling Liquids

Steam Irons

Drying clothes inside

Common causes

Tumble Dryers

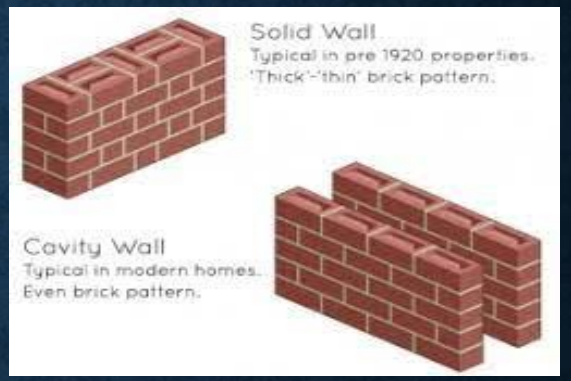
Showers and Bathing

Water Leaks

Common causes

Inadequate or poorly fitted insulation

Better sealed windows and doors



Construction of your home

Common causes

Blocked air vents

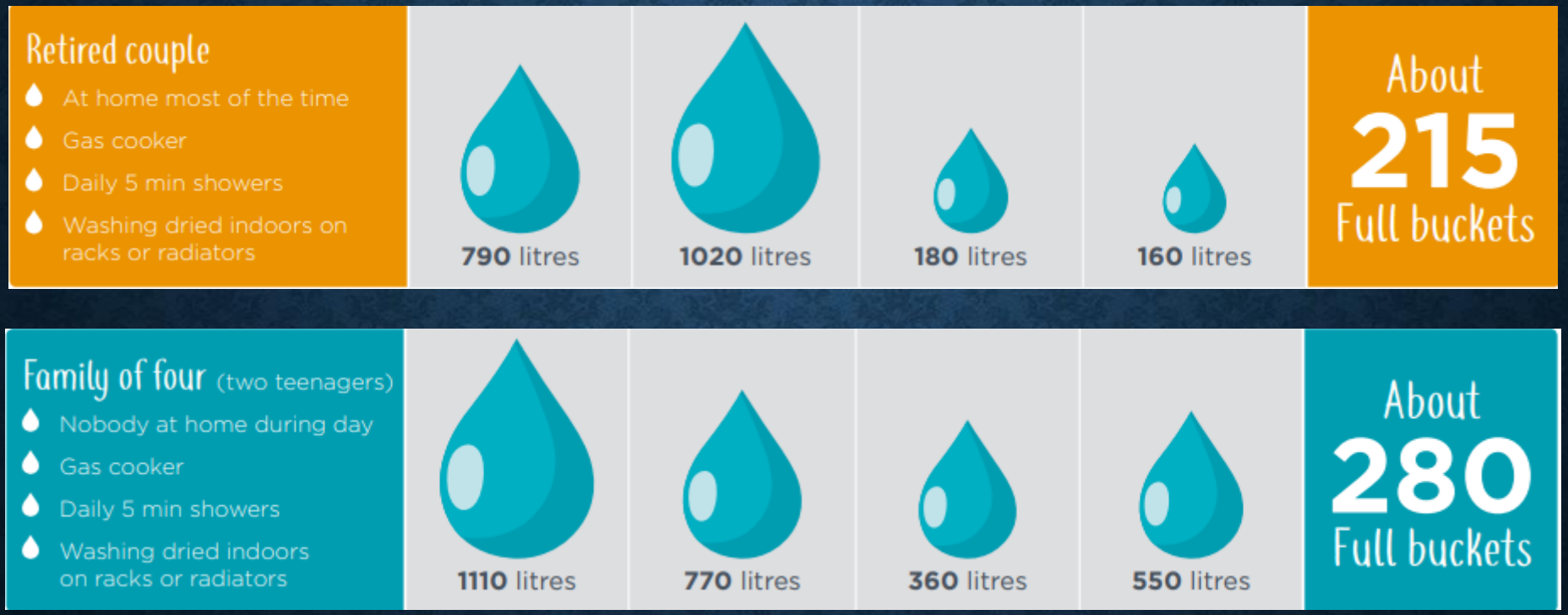
Fans not on/faulty/missing

Breathing

Typical Daily Water Generation Figures

Water Vapour source in an 'average' house per day	Approximate water generated (in litres)
4/5 people asleep	1.5
2 people active	1.6
Cooking	2.6
Washing up	1.0
Washing Clothes	4.0
Drying Clothes	4.5
Bathing/Washing	0.5
APPROXIMATE TOTAL:	15.7 litres

Typical Annual Figures



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Prevention Measures

- Insulate your home
- Put lids on saucepans
- Use a microwave rather than hob where you can
- Keep the kitchen door shut when cooking
- Don't boil too much water in your kettle
- Try to avoid drying clothes on radiators and dry them outside whenever you can
- Use a tumble drier, make sure it is vented to the outside or is a condensing type
- The best place to dry clothes is in the bathroom, with the door closed and an extract fan on or window slightly open
- Keep the bathroom door closed when bathing or showering, and keep it closed until the steam all goes. Use the fan if you have one, and/or open a window.
- Install extractor fans and use them.
- Mop up any condensed water, don't let it evaporate into the air.
- Don't close or block vents in your windows
- Use your fans and other ventilation products. They don't cost much to run
- Open windows for a few minutes in the morning. The damp air will go outside.

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ANY QUESTIONS?