

11 Tips For A Healthy Home This Winter



11 Tips to Reduce Mould & Condensation for a Healthier Home this Winter

A lot of new properties are very energy efficient, but tend to build up with condensation which can become mould if not managed properly. Older homes can also have issues. Mould growth is encouraged by warmth and moisture, so understanding this is important- particularly in the colder months! Use these tips to minimize potential problems in your home:

1. Make sure to ventilate rooms well and regularly. Fresh air flowing through the room will prevent mould growth, and maintain air quality. It is also good Feng Shui!!

2. Condensation is common on windows in apartments and units in particular. The more people living in a home, the more condensation there will be as a result of breathing. Make sure to open curtains as much as possible each morning so the condensation on windows can dry out properly. Failure to do this will result in the curtains going mouldy and it will be a tenant responsibility to have them cleaned.



3. Don't sleep in your bedroom with the door closed and heater going all night. Condensation from breathing, plus heat and keeping the room closed creates the perfect environment for mould growth. I once had a tenant do this and the ceiling went black with mould. There were no maintenance issues with the roof or water leaks, just a lack of common sense and again this would become a tenant responsibility to remedy.

4. Avoid drying clothes on clothes racks inside the home. One load of washing can produce 12 litres of condensation- the water particles then need somewhere to settle- it is often on walls and around the windows which then grow mould as a result. If you do need to dry clothes on a rack, we suggest the use of a dehumidifier which will remove the excess moisture from the air

5. Regularly clean windows and around window frames. This advice applies to all homes- even when the windows look clean, once you wipe them with a paper towel soaked with white vinegar (plain white vinegar kills mould, bleach just removes the pigment), you will often see black residue on the towel

6. Allow proper air flow around furniture. Make sure to have furniture a couple of centimeters away from walls so air can circulate properly. This will help prevent mould growth on the walls as well as your furniture.

7. Allow proper air flow around items in your wardrobe- don't overload your cupboards! I once had a tenant who loaded up the wardrobe so full everything inside went mouldy. The cupboard was not opened periodically which also contributed to the problem. When the tenant told me they had to do 30 loads of washing I knew the cupboard was too full and this was the cause of their problem!

8. Make sure clothing or shoes are not warm (either from just being worn or in the clothes dryer) when you put them in your wardrobe. The heat creates condensation, particularly when there is a lack of air flow, and creates mould.

9. To prevent mould growth in showers, keep the screen partially open after use so it can dry out properly and make sure to clean the grout regularly. Also ensure to use exhaust fans.



10. Reduce clutter. The more ‘things’ you have in your home, the less air can circulate freely around them, raising temperature and humidity and hence creating mould growth.

11. If you need to, use a dehumidifier to remove excess moisture from the air

Unless there is a maintenance issue such as a leaking roof, ventilation issue, unflued gas heater or plumbing problem, mould growth in rental properties can often be attributed to the way people live in the home. Using these commonsense techniques will prevent issues.

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Contact Us Today
(02) 6190 1500

admin@elementpropertyservices.com.au



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