

Leaflet

Correct heating and ventilation

Proper heating and ventilation - most people think of reaching for the heating thermostat or the window regulator.

But it is not quite that simple. If you heat and ventilate incorrectly:

- worsens the indoor climate
- promotes the formation of mould
- endangers their health (e.g. allergies and respiratory diseases)
- risks damage to furniture and buildings
- pays too much heating costs
- Sends pollutants into the air

Because: moulds love moist air. They already grow at 70% relative humidity. In well-ventilated rooms, the air humidity should be between 35 and 55%.

A person releases about 1.5 litres of water in one night alone, a four-person household between 12 and 20 litres daily. That quickly reaches 70%.

The first alarm signal for too much humidity: the window panes mist up. You should not wait for this signal.

If water droplets form on the window panes, the room humidity is usually too high. This moisture - also called condensation - is enough to promote mould growth.

Our tips for everyday life

1

The room temperature should always be between 18 and 22°C.

This is cheaper than letting rooms get cold first and then heating them up again. Warm air stores more water vapour than colder air, so the moisture does not settle on walls, ceilings or furniture - the risk of mould is reduced.

Thermostatic valves make it easy: they measure and regulate the temperature themselves. So you don't need to open and close them.



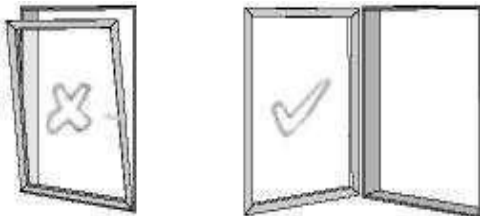
2

During the day, fresh air is called for as often as possible: open all windows and doors wide for five to ten minutes.

This way the air is completely exchanged.

Not only water vapour, but also cigarette smoke, sweat, furniture odours and other pollutants can escape.

Continuous tilt ventilation cools down the adjacent window areas extremely, so that mould growth is promoted there due to condensation moisture.



3

Check whether you are heating correctly

Use a thermometer to measure the temperature and a hygrometer to measure the relative humidity. Both continuous measuring instruments are available in shops.



4

Heat and ventilate all rooms evenly and at the same time - even those that are used less frequently.

If a room is only heated occasionally or by the neighbouring rooms, damp patches and mould are almost inevitable.

5

New windows are tighter than old ones. That is why you need to ventilate more often.

With old windows, air can still pass through leaky cracks and joints.

6

Check and clean air filters in bathroom fans regularly.

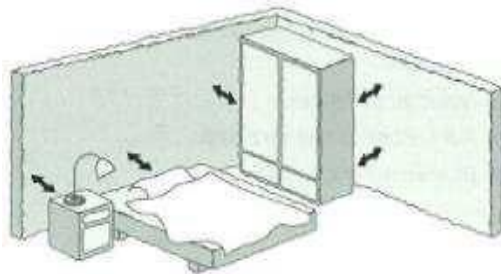


7

Large furniture should not be placed in front of cold exterior walls and stairwell walls.

Exception: Furniture should be far enough away from walls and floors to allow air to circulate.

Mould particularly likes to spread in corners where two outside walls meet. Make sure that these areas are also well ventilated. Tight curtains and drapes, for example, can be an insurmountable barrier to fresh air.



8

Ventilate more often in wet and cold weather than in summer or in very cold winter.

This may seem illogical, but it is necessary for physical reasons.

9

Do not cover your heater with furniture, curtains or the like.

Otherwise the warm air cannot be distributed in the room. In addition, heating costs will increase. The thermostat valve must not be covered either.

Avoid water vapour. If this is not possible, ventilate immediately!

So:

- Ventilate well when cooking and mopping
- After showering, wipe down the shower cubicle, tiles and
- Dry and air the shower cubicle, tiles and floor coverings with a rubber squeegee.
- If possible, do not dry laundry indoors
- Cover aquariums
- Do not use humidifiers
- Water flowers only moderately

Too late – mould

- You have discovered mould in your home. What do you do now?
- Moisten the infested area and then remove the wallpaper, cork boards, wood or similar. Clean the affected areas with 70% alcohol, methylated spirits or hydrogen peroxide. Use rubber gloves!
- Air the room thoroughly during cleaning!
- Do not use chemical agents. They could be harmful to your health

Saving heating costs

- If you want to reduce your heating costs not only through proper heating and ventilation, but also through thermal insulation measures, you should rely on experts. Mould feels right at home behind incorrectly applied "insulating wallpaper" or boards. In addition, massive structural damage (moisture penetration) can easily occur.

Any questions?

- This leaflet only provides you with rules of thumb and tips. If you have any further questions, please contact us.