

Ventilation

Practical skills

Why homes need air changes, and how to get them without losing heat.

A household produces several litres of water vapour a day through breathing, cooking, washing and drying. Without air changes it condenses on cold surfaces and feeds mould.

BURST
5–10 min

FREQUENCY
2–3× daily

TARGET RH
40–60%

- A family of four produces roughly 10–15 litres of moisture a day.
- Short, wide-open bursts change the air without cooling the walls.
- A window ajar all day loses far more heat for less air exchange.
- Extractor fans should run during and after showering and cooking.
- Drying clothes indoors adds several litres per load.
- Trickle vents work and are commonly taped shut.

LOOK FOR IT

Opening windows wide for five minutes twice a day exchanges the air while the walls stay warm.

A cheap hygrometer tells you whether you have a ventilation problem. Above 60% relative humidity, mould becomes likely.