

# Ventilation the key<sup>1</sup> to i

**Breathe on a cold-surface like a window or mirror and watch the effects of condensation. Then multiply that; many thousands of times over and you have some idea of the amount of moisture generated in a home every single day of**

**the year..- just by breathing.** ;  
•i Then there's" damp  
•-air let in via loose win-  
•dows , or ..^open.  
•"doors....steam .'from  
that bubbling pot of  
vegetables on the  
stove...stale. -air  
trapped in closed cup-  
boards and spaces. It's  
easy to see why hu-  
midity levels inside a

home^ipan^ypach. sky-  
high.;,, ^L^:;  
The exterior walls of  
your house, are colder  
than ..the .> internal  
walls, and .condensa-  
tion is likely to occur  
on these surfaces. The  
result:, mildew and  
mould. Building regu-  
lations changed in  
1978 to make it man-  
datory for all new

# reducing condensation

homes' to have insulation, because it reduces condensation build-up as well as reducing heat loss.

In fact, installing insulation in the ceiling, walls and under the floor can reduce heating costs by as much as 50%!

To reduce the level of moisture in your home, it should be ventilated in a way that ensures all the air is renewed at least once every two hours. When you plan renovations, make sure you include mechanical ventilation systems, such as an exterior extractor fan in the bathroom and a rangehood in the kitchen. Security catches on windows al-

low them to remain partially open, ensuring your home breathes even when you are out or away.

Bathrooms, laundries, toilets and kitchens are most susceptible to moisture damage and require special attention to ensure they stay dry, good-looking and easy to clean. This is achieved through a combination of heating and ventilation, and though the use of purpose-designed materials and surface finishes that have special water-resistant qualities.

In bathrooms, insulation will keep walls and ceilings warm so that steam condensation is minimised,

whilst ventilation **will** expel airborne moisture quickly. This keeps cleaning easy and reduces the chance of mould **and** mildew.

And don't "forget noise control along with your ventilation and heating. Quietness and privacy are major issues in today's environment where infill housing, home entertainment systems and busy lifestyles combine to keep the decibels high. It's not just paint, wallpaper, wood and nails that make good renovations work, but the thought that goes into the underlying assets that make our lives more comfortable.