

Preventing Damp in Your Home – Proper Heating and Ventilation



Useful Tips for:

- lowering heating costs
- a healthy home
- improved quality of living

Dear customer,

As a tenant you are sure to have asked yourself the question, "What can I do to counter increasing energy prices?" There is little you can do with regard to the oil and gas prices on the world's markets, but everyone can contribute to a reduction in energy consumption – and heating costs – in practice. In this brochure we show you how to save hard cash by doing two simple, everyday things – heating and ventilating – while doing something for your health and for the environment at the same time. If you save money on heating, then you are also reducing the emission of CO₂ and other pollutants. Proper heating and ventilation also play an important role in combating mildew. They protect against damage

to health and against structural damage. In order to ensure that it does not come to that, we have put together a few basic pointers on proper heating and ventilation. You will see for yourself: proper heating and ventilation are good for your health and for your pocket!

Michael Gerngroß
Customer Service Manager

Heating properly

Heating your home is all about reaching a compromise: of course your own home should be warm and comfortable. Permanently low temperatures are also damaging to your health. On the other hand, excessive heating is not healthy either – and is particularly expensive nowadays. Varied heating is required due to the different uses associated with individual rooms in your home. Nevertheless, it is possible to establish important basic rules for heating properly, which ensure that you don't "burn" money and that you are able to enjoy a comfortable living environment.



Everyone can save!

Reducing the room temperature by just 1° Celsius can bring about savings in heating costs of up to 6 percent. It is particularly recommended that you turn the heating down when you are out of the house for several hours at a time or at night when you are sleeping.

- Different temperature levels apply to each of the different rooms in a home: 20° Celsius in living rooms, children's rooms and recreation rooms, 21° to 23° Celsius in the bathroom, 18° Celsius in the kitchen, 14° to 18° Celsius in the bedroom at night. Please note that these temperatures apply when you are present in the home.

- You should turn the heating down slightly at night and during longer absences in order to save on heating costs. A room temperature reduction of just 1° Celsius reduces heating costs by approximately 6 percent!

- However: do not switch off the heating completely when you leave the house during the day, despite your determination to save costs! Because it cools down significantly during the day, reheating your home in the evening uses up a lot of energy. It has been proven to be more beneficial to leave the heating on at a lower level.

- Heating outlets and radiators should always be free-standing. Seating or other objects can disrupt the temperature control or else cause valuable indoor heat to be lost outdoors.

- Always keep the doors closed between rooms heated at different temperatures (e.g. between the living room and bedroom), otherwise the warm and humid air from the warmer room will enter the cooler room where the warmth forms condensation, thus increasing the risk of mildew.

Wonderfully warm with super savings!

Nobody needs to freeze, of course, but there is no need to be "burning" money either. Our recommendations for the optimum room temperature (see above) provide you with the ideal compromise between comfortable coziness and cost-effective heating.



Ventilating properly

In addition to heating, ventilation also has a direct influence on your heating costs, and what many people don't realize is that this applies to your health as well! Inadequate ventilation causes humid ambient air and encourages the growth of mildew. The humidity needs to be removed from the home by proper ventilation otherwise it condenses on the walls, in corners and behind the furniture, providing the ideal conditions for mildew. The following rules show you how to prevent mildew damage and save on heating costs:

More fresh air in your home – good for you!

- The only effective form of ventilation is intermittent ventilation! This means ventilating by leaving the windows wide open for short periods of time. It takes just a few minutes to completely refresh the ambient air and to have fresh air in the room again.
- Ample ventilation with open windows is particularly recommended in the morning. This ensures a "supply" of fresh air to give you a good start to the day.
- This is even more effective with a draught. Make sure that doors and windows do not slam shut as a result of a strong draught.
- Intermittent ventilation generally takes just a few minutes – irrespective of the weather outside. Note: if it is cold outside, then ventilation for a shorter period is sufficient.



How to ventilate properly!

Only intermittent ventilation produces the best ventilation results. This means opening the windows completely for a few minutes. Draughts speed up the exchange of air. Note: simply tilting the windows has little effect in terms of ventilation – it simply wastes expensive heat energy.

- Don't forget: turn the heating right down while ventilating! Otherwise you are literally throwing money out of the window.
- The tilting of windows is to be avoided! This position has hardly any effect on ventilation and merely wastes valuable heating energy.

Did you know that a 4-person household produces an average of up to 12 liters of moisture daily through breathing and perspiration, as well as through activities such as bathing, showering, cooking, ironing and tumble drying?



Keep it outside: humidity

- A supply of fresh air is not the only thing which is important for your living environment. The removal of moisture emitted by human breathing and by plants, or which is produced by bathing or cooking is very important. Mildew will form otherwise, affecting your health and the building structure.
- Did you know that an adult emits about half a liter of moisture per night through sweating and breathing? This is another reason why intermittent ventilation in the morning is so important: it removes the humid, used air.
- Modern windows make more frequent ventilation necessary because they are especially airtight and therefore prevent any slight, ongoing exchange of air allowed by older, wooden-framed windows.
- The regular ventilation of bathrooms and/or showers is important. After bathing or showering in particular, the steam should not be allowed to spread through the home, and so the doors to other rooms should be kept closed if at all possible.
- Cooking, ironing and dishwashing machines also produce a lot of steam. Ventilate thoroughly afterwards in order to draw the humidity outside.
- Large pieces of furniture such as wall units should be on legs and should not be pushed up directly against critical walls (esp. outside walls) so as not to hinder the circulation of air behind them.

Note:

Heat – continually but sparingly!
Ventilate – regularly, briefly and thoroughly!

GEWOBAU Erlangen
Wohnungsbaugesellschaft
der Stadt Erlangen mbH
Nägelsbachstraße 55a
91052 Erlangen

Telefon: 09131 124-0
Telefax: 09131 124-100

www.GEWOBAAU-Erlangen.de

