Dealing with condensation in your home

Condensation occurs when there isn’t enough air movement and moisture forms on cold surfaces in your home. This can result in damp walls or water streaming down windows. If left untreated, condensation can cause rotting window frames, black mould or peeling wallpaper.

This video will show you some practical tips to reduce and prevent condensation in your home.

There are four main causes of condensation.

* Producing extra water vapour by cooking, drying laundry or showering.
* Not enough ventilation, so the water vapour can’t escape.
* A cold home. Warmer air can help dry off any damp before it causes problems.
* Not having enough insulation, meaning it can’t keep heat in and so has cold walls.

To cut down condensation inside, we have seven tips for you to follow.

1. Try drying your washing outdoors.
2. Cover pots while cooking, and close kitchen and bathroom doors when steam is being created to stop it spreading through the house.
3. Make the most of ventilation in your home. Use trickle vents if you have them, or open windows on opposite sides of the house.
4. Use extractor fans when cooking and showering and open a window if it starts to steam up.
5. Avoid overfilling cupboards and wardrobes and leave a gap between your furniture and walls to increase air circulation.
6. Heating your home to above 15 degrees Celsius will reduce the risk of condensation forming on fabrics and walls.
7. Fitting wall and loft insulation will make the walls and ceiling warmer, preventing moisture from settling. Try not to leave gaps between the insulated areas though – these gaps can act as a magnet for condensation.

If you’ve followed this advice for a few weeks and haven’t seen any improvements, dehumidifiers are an effective solution. However, they do use electricity and cost money to run.

If your home experiences persistent or severe damp, condensation might not be the culprit. The water may be entering because of a fault and so will need a professional to advise.

For more information, contact Home Energy Scotland on 0808 808 2282 or visit homeenergyscotland.org