Haus & Grund®
Eigentum. Schutz. Gemeinschaft.

Heat in an energy-saving way, avoid mould

The will to save energy is strong, and rightly so. However, it is still important to heat correctly and to ventilate while doing so, in order to ensure a healthy indoor climate and prevent the formation of harmful mould. Cold air can absorb less humidity than warm air. If the humidity directly on a cold wall rises to values above 70 percent, the risk of mould increases. Correct heating and ventilation is not only important in order to prevent mould, but also to reduce energy consumption.

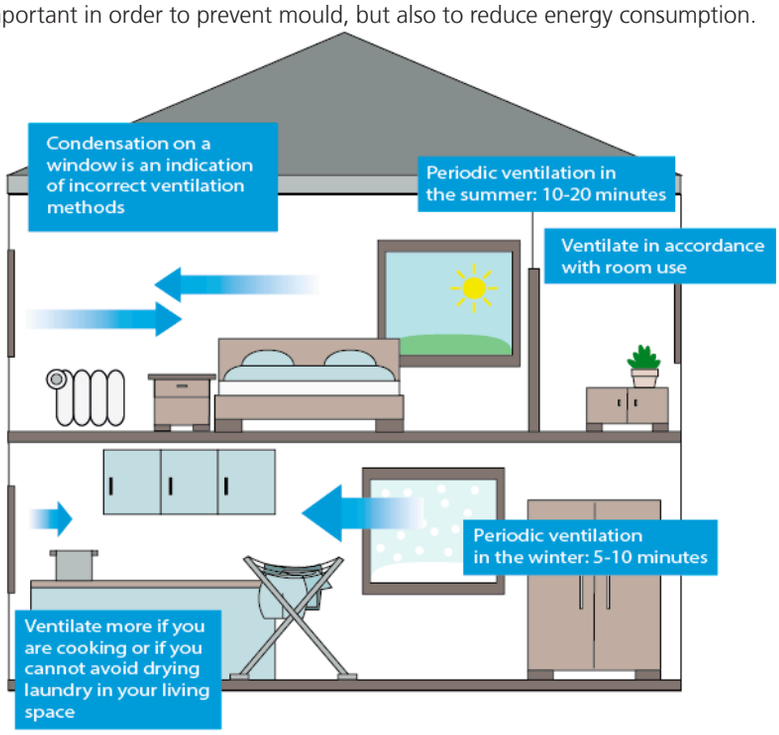

Figure 1: Correct ventilation, Haus & Grund Deutschland

Ventilate the rooms in accordance with their function and use

Bedrooms and living rooms, kitchen and bathroom must be ventilated differently. Humidity is emitted into the room air by the presence of people, depending on the type of activity (sleeping, sport). Bedrooms should be ventilated immediately after you get up. The internal doors of your living space can remain open during ventilation. However, when ventilating in the bathroom after showering or in the kitchen after cooking, the doors should be closed so that the humid air does not spread to the adjacent rooms.

Ventilate the room periodically instead of constantly tilting the windows.

Windows that are tilted for long periods in the winter increase energy consumption and thus heating costs. Mould may also form on the wall above the window opening. The most effective way to ventilate is through periodic or cross ventilation, during which windows and doors on opposite sides of the space are opened. This kind of ventilation should be carried out two to four times a day, depending on the length of time you spend in the rooms. Also the heating should be turned down during ventilation, otherwise heat and therefore money will go out of the window.

Turn the heating down at night and during absences

You will save energy but reducing the room temperature at night. In addition, rooms that are not excessively heated ensure a restful night's sleep. However, the room temperature should not fall below 16°C. If you are away (at work, on holiday), it is worth
turning the heating down to a room temperature of 19°C.

Heat rooms sufficiently

Cold air can absorb less humidity than warm air. That is why the temperature in bedrooms or little-used rooms should not drop below 16°C, otherwise moisture condensation may occur. Therefore the rooms should be heated
from time to time, in order to prevent the formation of mould.

Keep the doors to little-used rooms closed

You should not try to heat cool rooms with the air from warm rooms. This normally causes hardly any heat, but rather more humidity to enter the cool room. The relative humidity increases there and promotes the growth of mould. You should therefore keep the doors closed between rooms that are heated to different levels.

Do not block the heat from radiators

The heat output of radiators should not be obstructed by panelling, furniture or curtains. Also, a covered thermostat valve may not sense the room temperature correctly and could affect the function of the heating system.

Close shutters

If shutters are available, they should be closed after dark to keep heat in the rooms for longer. That is true for all windows, not just for bedrooms.

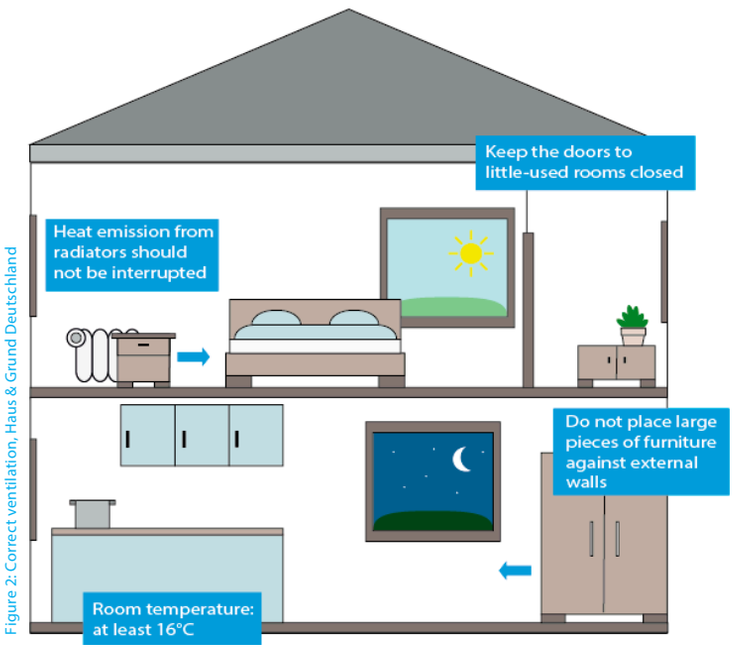

Figure 2: Correct ventilation, Haus & Grund Deutschland

Ventilate more if you need to dry laundry in the living space

Laundry or drying rooms should be used where they are available. If you need to dry laundry in your living space, then additional ventilation will be necessary.

Move large pieces of furniture away from the walls

Larger pieces of furniture should be placed either against internal walls or at a distance of ten centimetres from an external wall. This prevents the wall behind the furniture from cooling down, causing condensation and the formation of mould.

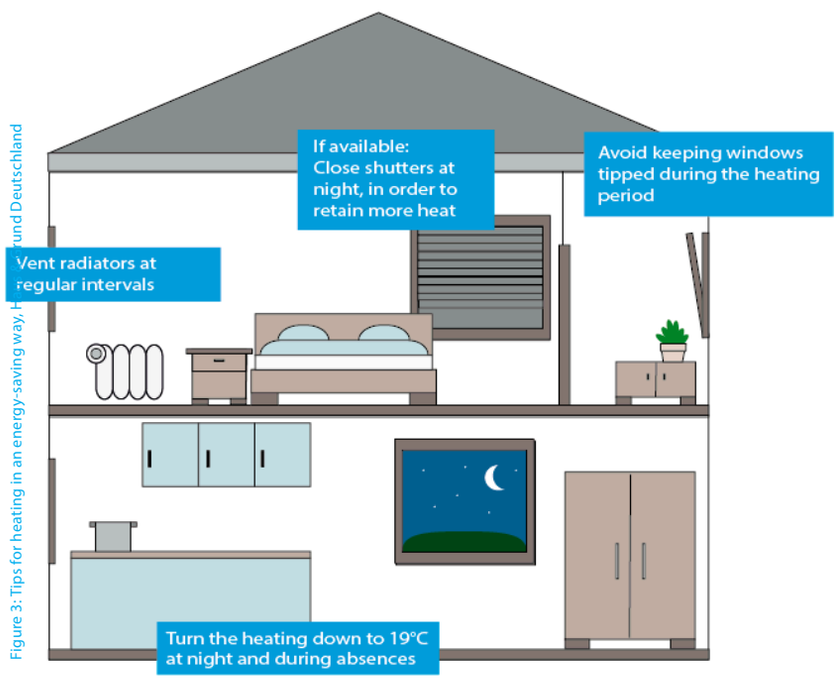

Figure 3: Tips for heating in an energy-saving way, Haus & Grund Deutschland

Heat in an energy-saving way, avoid mould Publisher: Haus & Grund Deutschland, Zentralverband der Deutschen Haus-, Wohnungs- und Grundeigentümer e. V.
Mohrenstrasse 33, 10117 Berlin, Tel: +49 (0)30/2 02 16-0, info@hausundgrund.de, www.hausundgrund.de