

# How to Heat and Ventilate Properly.



## Dear Tenants,

There are probably few things more detrimental to the notion of a cosy home than damp walls or even mould. In particular during the colder months of the year, there is a significant increase in the risk of rooms becoming too damp. We have compiled this guide for you so that you are well prepared and are able to create an indoor climate

that not only provides comfort but also protects against risks to health. For further questions on this topic, our experts are available to you as usual in your Service Office.

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## What does heating “properly” mean?

It is essentially the case that rooms should not be allowed to cool down, otherwise the walls lose their warmth. It then takes a great deal of energy to warm them up once again. In addition, cool air absorbs less moisture than warm air – this promotes moisture damage. It is best to keep the room temperature constant, even in rooms you rarely use. Heating properly means heating consistently.

## Is there an ideal room temperature?

The optimum room temperature is approximately 20 °C and should also not fall below 19 °C even when you are absent.

## Is it important to ensure that radiators are unobstructed?

It most certainly is! Radiators are supposed to warm up the room and can hardly do so if they are obstructed. If this happens, heat can accumulate, which increases consumption by 10 – 20 %.



### How much humidity can a room tolerate?

During the winter, values between 35 and 50 % are fine. Above 60 %, however, the likelihood of moisture deposits and mould formation increases significantly.



### Where does all the humidity come from?

Most humidity does not come from outside, but instead from the apartment itself. Laundry, cooking, washing dishes, ironing, bathing, watering flowers and even sleeping increase humidity. The latter by half a litre per person per night. The following applies in particular to bathrooms and kitchens: Close doors and open windows, otherwise the humidity will pass into the rest of the apartment.

### Why does mould often develop in corners

Humidity condenses on cold walls or window panes. First and foremost in places that are less heated by warm air. This is the case for the corners of rooms on external walls, where walls join the ceiling or on window lintels.

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### What type of ventilation helps best?

Periodic ventilation. This prevents walls cooling down, enables humidity to escape and stale air is quickly replaced by fresh air. With a completely open window, 5 to 7 minutes are sufficient. You should repeat the process four times a day, if you are at home. Otherwise, however, in any case after getting up and before going to bed.



### What is the link between furniture

Furniture should be placed at least 5 cm from external walls, otherwise condensing air will deposit moisture on it and on the wall. The result: Mould.

It is important to note that plastics on furniture surfaces and on wallpaper hinder – in contrast to natural materials – the short-term absorption of moisture.