



BETTER AIR, BETTER LIVING

Your guide to improving
indoor air quality

Every UK household faces environmental factors that can drastically impact the quality of life and health of the people living within the property; in this brochure, we will discuss a few of these harmful environmental factors and give you some top advice on how to prevent them and create a healthier home.



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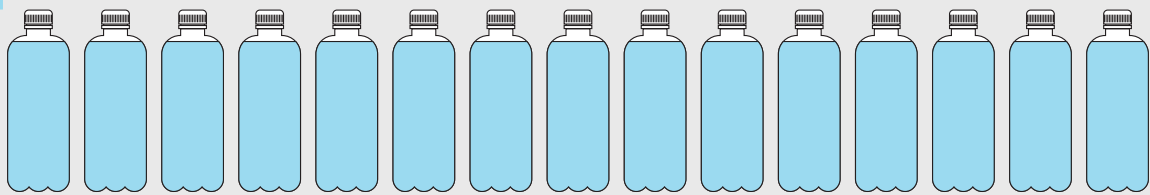
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Condensation

Daily activities such as showering and cooking generate steam, which the air absorbs; like a sponge, warmer air can hold more moisture. Condensation occurs when this warm, humid air meets a cold surface, causing the air to cool and release the stored water.

Condensation becomes problematic in a property when humidity levels rise too high, and moisture cannot escape the property. Adequate ventilation and airflow are essential for maintaining a healthy home, as condensation is a key contributor to mould growth.

In the UK on average, 15 litres of condensation is produced per day per family

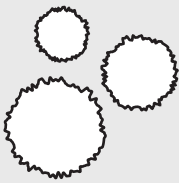


1.5 litres per day drying clothes indoors.

3 litres per day cooking with gas.

Mould

Mould growth can appear on damp surfaces such as plaster, wallpaper, and timber. It needs the following conditions to survive and grow:



Food: Mould can exist in traces of organic matter such as dust.



Oxygen: Mould requires oxygen to breathe like many organisms.

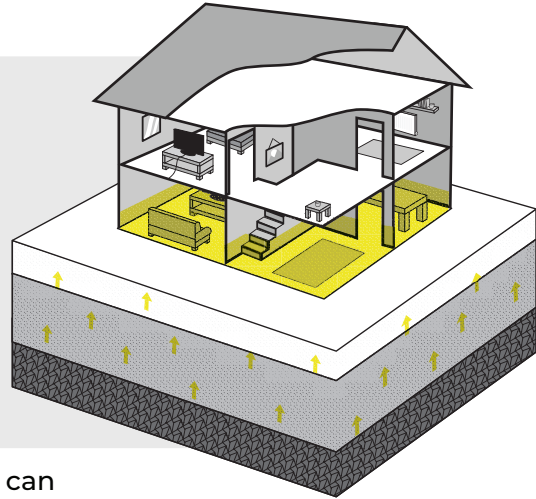


Water: Provided by the damp surface caused by condensation.

Living with mould in your home can be a serious health risk. When you breathe in mould spores, they can cause respiratory problems similar to seasonal allergies. Mould increases the chance of children developing asthma, especially in those under 2 years old. Additionally, the toxins made by mould can harm brain cells, affect brain function, and lead to mood swings or irritability. Mould can also cause skin and eye irritations.

Radon

Radon is an invisible, odourless, and tasteless radioactive gas, making it undetectable without specialist equipment. It naturally occurs in rocks and soil underground and can be found throughout the UK. While the radon levels outdoors are typically very low, they can be much higher indoors. This is because buildings often draw air from the ground through cracks and gaps in the floors, and can trap radon within the home.



Long-term exposure to elevated radon levels can lead to lung cancer, especially in smokers and young children. When inhaled, radon breaks down into tiny radioactive particles that damage lung tissue over time.

While good ventilation can help reduce radon levels, more significant measures—such as installing a radon sump—may be necessary in some cases. **The only way to know the radon level in your home is by testing.**

Carbon Monoxide

Carbon monoxide (CO) is a colourless, odourless, and tasteless gas that's produced when carbon-containing fuels, such as gas, oil, coal, or wood, are burned incompletely. Because it is undetectable by human senses, carbon monoxide can be hazardous if inhaled, leading to poisoning.

Ensure all appliances that use carbon-containing fuels, such as gas stoves, are correctly installed, properly maintained, and used safely. If improperly maintained, it may emit carbon monoxide (CO), particles, and other pollutants. **Ensure you have working carbon monoxide detectors within your home.**

Building Material Hazards

If your home was built before 2000, you are at risk of potentially dangerous materials such as asbestos (banned in 2000) and lead paint (banned in 1992). You should get it tested by a professional before carrying out any decorating or construction within your home.

If left undisturbed, lead and asbestos don't pose an immediate health risk; however, if dust containing lead or asbestos is inhaled, even in small amounts, it can pose a significant health risk.

Volatile Organic Compounds (VOCs)

Volatile Organic Compounds (VOCs) are a group of chemicals commonly found in household products such as paints, cleaning supplies, air fresheners, and even furniture. These compounds easily evaporate at room temperature, releasing gases that can linger in indoor air and cause breathing problems, headaches, and irritation to the eyes, nose and throat.

Household Chemicals

Household chemicals can significantly affect the air quality in your home, potentially leading to health risks when not properly managed. Always follow the manufacturer's instructions for use and storage to reduce the risk of exposure. Store chemicals, including paints and solvents, in well-ventilated areas, such as a garage or shed, away from main living spaces.

Pollutants

Everyday products—such as candles, aerosols, and cleaning products—release pollutants into the air, compromising indoor air quality. These pollutants include fine particles and gases that, when inhaled, can irritate the respiratory system and contribute to health issues.

When using products that release pollutants, try to use them in moderation and in well-ventilated spaces. For example, open windows to allow fresh air to circulate and disperse chemicals safely. If possible, use these products outdoors to prevent the build-up of indoor pollutants.

Smoking

When toxic chemicals in tobacco and cannabis smoke are inhaled by non-smokers when exposed to second-hand smoke. Non-smokers inhaling toxic chemicals from tobacco and cannabis smoke through second-hand exposure face increased health risks.

Dust

Reducing dust build-up in your home is essential for maintaining a healthy environment. Dust tends to collect on flat surfaces and fabrics. Regularly vacuuming, dusting, and washing fabrics can significantly decrease dust exposure. This is especially important as accumulated dust can trigger pre-existing health conditions, such as asthma.

Here are our top changes you can make to improve the air quality within your home to ensure a happy and healthy living environment

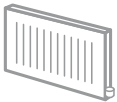
Throughout the Home



Do a long-term radon test for three months to measure the radon level in your home. The results will help determine whether you need to reduce the radon level in your home.



In homes built before 2000, test for building hazards such as lead paint and asbestos before doing any DIY in your home.



Ensure your home is adequately heated. Suggest 21 degrees in the living room and 18 degrees in the bedrooms.



Opening windows when possible enables fresh air into the home and a chance for contaminants and moisture to escape.



Ensure trickle vents are open and free from obstruction; this will ensure better airflow in the property, allowing moisture and other contaminants to escape.



Isolate 'wet areas' when possible, for example, keep the bathroom door shut after bathing, and don't let the steam escape.



Remove any excess water, wipe up spillages, and use a hand vacuum on the glass windows and ledges.



When possible, dry wet clothes outside or in a condensing tumble dryer. If drying clothes indoors, dry them in rooms with a ventilation



Ensure carbon monoxide and smoke detectors are working correctly and regularly tested.



Regularly service your fans and ventilation system to ensure it still functions properly.



Hoover the house at least once a week for best results use a High-Efficiency Particulate Air (HEPA) vacuum to remove fine dust particles.

Kitchen



Use pot lids when cooking. Not only will this save you energy, but it will drastically lower the moisture escaping into the air.



Ensure all chemicals are stored correctly, with lids firmly sealed.



Ensure all plumbing is working correctly and free from leaks. Always drain away washing up water.



Turn on your cooker hood whilst using your hob and oven to ensure excess moisture is removed.

Bathroom



Ensure you have continuous running fans. If fans are off, moisture will build up, increasing humidity and causing condensation.



Check plumbing for leaks.



Mop up any water left after using the shower or bath.



Shut the door and isolate the room when using the bath or shower to prevent steam from travelling into other parts of the house.

Living Room



Moist soil provides a perfect breeding ground for mould, so clean and move your plants around regularly.



If you have a chimney, ensure it's clean and functioning correctly.

Bedroom



Wash bedding weekly to reduce dust and allergens.

TALK TO OUR EXPERTS

If you are having a problem with condensation, mould or are worried about radon in your home contact one of our experts today, to find a solution that fits around your lifestyle.

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