Information sheet "Proper living habits, especially heating and ventilation"

Heating and ventilation are essential factors in the use of rooms. These two factors are decisive in determining whether rooms remain free of moisture damage and fungal growth.

(1) Every room must be heated and temperature-controlled according to its use. The following guidelines apply:

Living spaces : 20 degrees Celsius to 22 degrees
Celsius Bedrooms : 16 degrees Celsius to 18 degrees Celsius

(2) Heating alone is not enough to prevent moisture damage. Rooms must also be ventilated regularly. In the past, basic ventilation was ensured by windows and doors that did not close tightly. Construction technology has greatly increased energy-saving regulations, and renovated old apartments as well as new apartments therefore often – in most cases – lack basic ventilation. Ventilation of the apartment must therefore be achieved by other means. In addition to basic ventilation, however, ventilation must also be carried out in a manner and to an extent that depends on the season. Simply tilting windows for long periods of time only leads to the room cooling down, especially in the components around the windows. This not only leads to unnecessary heat loss, but also to condensation forming on these components as they cool down. Proper ventilation therefore requires **intermittent or cross ventilation. Intermittent ventilation** involves opening the entire window, while **cross ventilation** also involves opening opposite windows and doors to create a draught in the room or in all rooms. This results in a rapid exchange of air, which leads to rapid dehumidification without a large exchange of energy.

(3) If the basic ventilation mentioned above is provided, it is usually sufficient to:

a) in winter, shock ventilation is carried out for five minutes at least three times a day (morning, noon and evening);

b) In summer, ventilate thoroughly at least twice a day for 30 minutes in the morning and evening.

c) During the transition period, ventilate at least three times (morning, noon, evening) for 15 minutes.

(4) If a room is not used and heated continuously, but only temporarily – e.g. at weekends – the wall surfaces warm up only slowly during heating, which is why condensation can form there. Therefore, temporary ventilation must be more intensive than in a continuously heated room. Under no circumstances should unheated rooms be heated by opening doors to heated rooms.

(5) The type and arrangement of the heating and furniture in a room very often influence air circulation and thus the warming of the outer surfaces. Therefore, ensure that the furniture is arranged in such a way that it is ventilated. Objects may therefore only be placed or hung on exterior walls at a distance of at least 6 centimetres from the wall to ensure sufficient ventilation. Pictures should therefore be hung at an angle or fitted with spacers (e.g. cork discs). Cupboards must not be flush with the floor or ceiling. There must also be sufficient airflow under and above the cupboards, otherwise ventilation cannot take place. Otherwise, mould growth on the wall behind, on the object and possibly in the object itself is inevitable.