

Ventilating your Home

This advice sheet will explain how to air your home using the advanced extractor fans and windows.

Why ventilation is important

Ventilation is when stale and damp air inside your home is let out and fresh air is let in.

Everyday activities such as cooking, taking a shower and drying clothes add moisture to the air inside your home. If your home is not well ventilated this can cause condensation and damp. You can also get a build-up of smells and pollution. Over time these problems can affect your health and cause damage to your home. Read the advice sheet on condensation and damp for more information.

New homes are built to be less draughty so that they keep you warm and help to keep your heating bills low. But this can cause dirty, moist air to become trapped more easily. To stop this from happening your home has been fitted with advanced extractor fans.



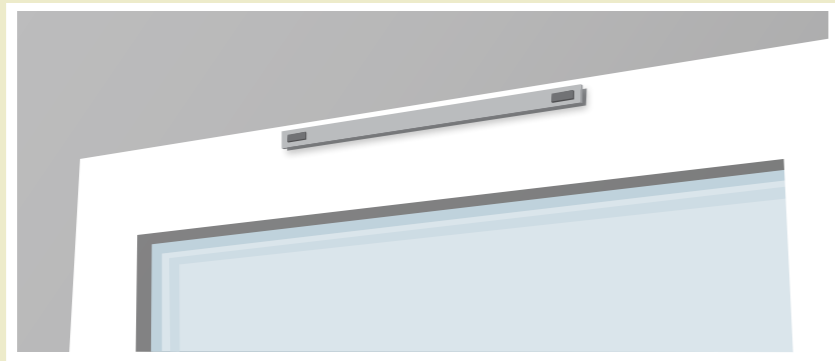
How to ventilate your home

You can ventilate your home using your windows and the advanced extractor fans. Try following these simple steps to ventilate your home whilst keeping it warm and secure.

Opening your windows

Simple to do and very effective if you follow these top tips:

- Keep trickle vents open at all times, if you have them. These small vents built into your window frame allow moisture to escape slowly without making the room too cold (see picture below).



- Open all windows wide for up to 10 minutes a day when possible. Do this before you put the heating on.
- Close the door and open the window in:
 - Your kitchen when you are cooking
 - Your bathroom when you are bathing
 - Any room where you are drying clothes.
- Don't forget to close the windows when:
 - You go out of the house
 - Your heating is switched on.

Using your advanced extractor fans

The fans in your kitchen and bathroom will take the dirty, moist air out of your home, so it is important to **keep them on all of the time**.

How the controls work:

The fans will run slowly in the background.

Boost the fans when you are cooking, bathing or drying clothes to get rid of extra moisture and smells.

In the kitchen:

To boost the fans press the boost switch. Or the fan will speed up by itself when the sensor notices that the air is too damp.

In the bathroom:

You don't need to do anything. The fan will automatically speed up by itself when:

- The light is switched on, or
- The fan sensor notices that the air is too damp.

Running costs:

The extractor fans use a very small amount of electricity and are cheap to run.



Your extractor fans will look similar to this.

If you find the fan too loud, try closing the door to that room.

Don't forget to:

- Leave the extractor fans on at a low level, all of the time
- Remove anything that might be blocking the trickle vents, such as tape or blinds
- Close the door and open the window in your bathroom and kitchen when you are cooking, drying clothes or having a bath or shower
- Close the windows when you turn your heating on.



Useful Contacts

Home Energy Scotland - Freephone **0808 808 2282**

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