



REALLY LET OFF STEAM

EVERYTHING YOU NEED TO KNOW ABOUT
THE RIGHT CLIMATE IN YOUR OWN FOUR WALLS

WBM.

Wohnungsbaugesellschaft
Berlin-Mitte mbH



GOOD ADVICE FOR BETTER LIVING

When you're a large housing association, this can also have special advantages. For example, over the years, together with our tenants and residents, a sheerly inexhaustible collection of good tips and important advice on the topic of residential living has been compiled. Now we would like to pass this information on to you in a practical how-to series. This should help you to avoid problems, save money and maintain or improve the living conditions and quality of life in your home.

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20°



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TURN ON THE HEATING ON A REGULAR BASIS.

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19°

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It's easy to make sure that you have a pleasant room environment – simply by heating and ventilating correctly. Not too much, not too little. But what is enough? Heating is like most comforts in life: regularity is advisable.





EVERYONE HAS TO FIND OUT ...

... which temperature is comfortable for them and which setting on the radiator thermostat valve corresponds to which temperature. This can be different in each room. Decisive factors are the size of the room, north or south facing position and outer walls. And another thing: radiators are not the only sources of heat - light bulbs, ovens, computers and other devices also give off heat. No matter whether it's 20 °C in the living room or 19 °C in the kitchen – uniform heating saves money. A central heating system in cold months can only create a pleasant room climate if it is turned on in all rooms and is constantly running. This is the only way that walls can store heat.

3 DEGREES LESS DURING THE DAY

If you're not at home during the day, the temperature should not be lowered by more than 3 degrees. Heating up the apartment later only uses more, unnecessary energy.

ENJOY YOUR VACATION AT 19 °C

If you're going to be away from home for a longer period of time, or go on vacation, then the heating in your entire apartment can be turned down to 19 °C.

SAVE 20% WHILE YOU SLEEP

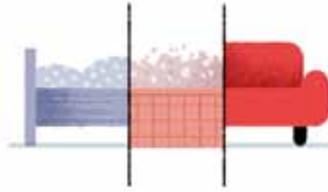
At night the difference between the day and night temperature also shouldn't be more than 3 degrees. Here the heat stored in your apartment can be used – this is sufficient and in addition saves 20% heating energy at night.

1 DEGREE LESS IS MORE

Overheated rooms are unhealthy and cost unnecessary money and energy. The right setting on the radiator thermostat valve is worth real money. By simply lowering the temperature by 1 degree – e.g. from 22 to 21 °C – you can save up to 6% in heating costs.

CORRECT HEATING IS A MATTER OF CHOOSING THE RIGHT SETTING

To set the room temperature, you'll find a thermostat regulator on your radiator with the numbers 1 to 5 printed on it. This allows you to set the desired temperature. By automatically opening and closing the valve, the thermostat regulator is capable of regulating the selected room temperature. The regulator doesn't have to be constantly reset – i.e. turned up and down.

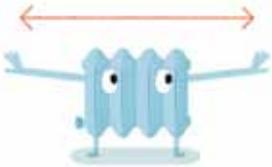


TRIED AND TESTED GUIDELINE TEMPERATURES:

LIVING ROOM: 20 TO 21°C

BATHROOM: 21 TO 22°C

KITCHEN AND BEDROOM: 19°C



RADIATORS NEED FREE SPACE

Give the radiators enough space so air can circulate properly.

Radiator covers, curtains that extend to the floor and furniture in front of the radiator create an accumulation of heat and cause the valve to close. Make sure that the heat cost allocator is not covered up. By keeping it covered you may increase the display values by 10 – 30%, thus increasing your cost without providing you with more heat.

ALWAYS GIVE WALLS 5 CM SPACE

Don't place your furniture directly up against a wall. Always leave at least 5 centimeters between the furniture and the wall. After all, walls need air – particularly outer walls. Here considerable cooling and dampness can occur, which can lead to the unpleasant formation of mold.

WHY HEAT COST ALLOCATORS HAVE NOTHING TO ALLOCATE

A heat cost allocator should be affixed to every radiator. The name heat cost allocator isn't really appropriate because it doesn't allocate the heating costs – to be more precise, it measures heat consumption. Once a year the data is read by a service company and converted into heating costs.

GET RID OF MOLDS

It's easier to sleep in a cooler room. You only feel chilly when you dress and undress. That is why many people leave the door to the bedroom wide open for a long time before going to bed to let some of the heat from the rest of the apartment get into the bedroom. This isn't a good idea because the warm, moist air that comes in condenses on the cooler walls and furniture in the bedroom and can lead to mildew stains and even mold.



WE REVEAL THE SECRET ...

There's a golden rule for ventilation: you should ventilate regularly – but only briefly and intensely! Correct ventilation saves energy and provides pleasant humidity.

AN INRUSH OF AIR IS BETTER THAN CONTINUOUS VENTILATION

Rapid and thorough ventilation leads to less energy and heat being lost than through continuous ventilation with a window left open at the top (tilted). Opening the window wide for a short time then closing it again properly results in the furniture and walls in the apartment barely cooling down at all and the room quickly heats up again. However, if the window is always left open, even just a touch, the heat goes right out the window.

LET FRESH AIR IN TWICE A DAY

As nice as insulated windows are, and while they don't let in a draft, in the long run with-

out regular ventilation the apartment will become too damp. Whereas with old windows the humidity is automatically but rather inadvertently regulated, with new windows you have to do this yourself. The water vapor has to be able to escape, otherwise mildew stains and mold can develop. Simply open the window completely.

Air always contains water. The warmer the air, the more moisture it can absorb. When the air is cooled it absorbs less moisture. You can benefit from this law of physics, particularly during the cool heating period.

Make sure that you replace the moist, warm air in your rooms with dry, cool air from outside at least twice a day.



RULES:

**RAPID AND THOROUGH VENTILATION (WINDOW WIDE OPEN)
WHEN NEEDED INSTEAD OF CONTINUOUS VENTILATION**

OPEN ALL WINDOWS WIDE AT LEAST TWICE A DAY IF POSSIBLE

**MAKE SURE THERE IS CROSS-VENTILATION FOR 5 MINUTES
CLOSE THE RADIATOR HEATING VALVES WHILE YOU ARE DOING THIS**

**YOUR AIR IS ALMOST ALWAYS
UNDER WATER**

Water vapor develops when cooking, washing, showering and bathing. Household plants release water. Per hour, people release approx. 45 g while sleeping, 90 g doing household work and up to 170 g of water to the surrounding air when engaged in strenuous activities.

If you add all this together, a four-person household releases 10–15 liters of water into the apartment per day, which basically just floats in the air. The damp air has to be released from the apartment, since this climate is both unhealthy and harmful for the apartment. Walls, furniture and textiles become damp, develop mildew stains and mold can develop in the long run.

**EXCEPTIONS ARE THE RULE
IN THE KITCHEN AND BATHROOM**

In kitchens and bathrooms without windows, ventilation systems provide a pleasant room

climate and prevent moisture from condensing on the walls. Each of these systems are set for the entire building. They are regularly checked by the chimney sweep and the filters are changed. The ventilation system must not be shut off nor adjusted in the individual apartments, since the ventilation in the whole building would then no longer work.

The ventilation slats in the doors must also not be covered up or blocked. They have an important function as they ensure that air is exchanged between the rooms in an apartment.



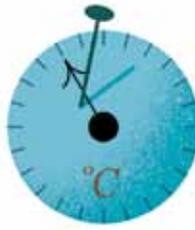


THERE'S NO NEED FOR MOLDS

MOLDS CAN'T STAND IT WHEN YOU HEAT PROPERLY!

Damp ceilings, mold in the window frames, in the corners of rooms and behind bedroom furniture – molds in our apartment are always a cause of concern. Molds are mostly homemade, especially during the cold months. In the rarest of cases the outer walls of the building are not water-tight.

In the past, cold and non-insulated outer walls and cellars were the cause of these damaging small colonies of mold. Today the cause of molds, unfortunately, is usually improper heating and ventilation.



RULE:

THE ROOM TEMPERATURE SHOULD BE AT LEAST 19°C DURING THE DAY, EVEN IN ROOMS THAT ARE INFREQUENTLY USED.

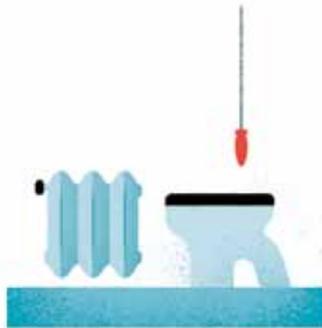
SAVING CAN ALSO BE EXPENSIVE

Another cause of mold can be extremely thrifty heating. Some tenants keep the room temperature so low that condensation always forms on cooler parts of the walls. Here you easily overlook the fact that excessive saving on heating energy can result in wasted energy. Even before external damages become visible, the water vapor that has got into the wall from the inside can condense into water in the cooler, outer layers. However a completely damp wall can direct the expensive heating energy outside, up to three times as fast.

DON'T LEAVE COLD ROOMS COLD

Air combines with water. The warmer the air, the more water it can combine with. On the other hand, fresh air heats up faster than "old" air. Water condenses on cooler spots - such as the ceiling, outer walls and windowpanes. Mold spores, which are floating around everywhere in the air, find their ideal breeding ground on these damp spots.

CONCLUSION: COLD ROOMS ARE ESPECIALLY SUSCEPTIBLE TO MOLDS.





NEW MATERIALS DRIVE MOLDS CRAZY

Nowadays windows in apartments have insulated glass and have a joint sealing strip. It is less likely that water will condense on the windowpanes, since they are no longer as cold and the joint ventilation that used to be common in old windows no longer exists. In addition, many materials used in apartments today barely absorb any moisture.

Floors are primarily made of plastic and the walls of the rooms are painted with water-resistant paints or covered with permanently coated wallpapers that do not let in moisture. So the mold has to look for suitable nooks and crannies elsewhere. Usually this is in the corners of rooms, places behind tightly built-in furniture or behind long curtains, where the air circulation and heating of the wall surfaces is hindered.

LAST BUT NOT LEAST: THE BEST RECIPE TO FIGHT MOLDS

If you should still happen to discover mold in your apartment, get advice in your Service Center. Here you'll get valuable tips on how to get rid of mold professionally.

EVAPORATION AMOUNTS AT 20°C ROOM TEMPERATURE

- Medium plant 15 g/h*
- People while sleeping 45 g/h*
- People during light activity 90 g/h*
- Spun laundry 300 g/h*
- Dripping wet laundry 500 g/h*
- Shower bath 2400 g/h*

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Useful tips for pest control



KNOWING HOW IT WORKS

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DOG, CAT... HOUSE

A wild how-to guide to having
pets in rental apartments



APARTMENTS FOR SENIORS IN BERLIN

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BETTER SAFE THAN SORRY

Safety tips for your home

HERE'S TO GOOD NEIGHBORS

Tips and rules to create a good neighborly
environment in apartment buildings



OPEN UP. LOOK AROUND. MOVE IN?

Important information about
your apartment viewing

IS THIS VALUABLE OR CAN I DISPOSE OF IT?

Helpful tips. It's all about waste.

