

Can I block up my trickle vents?

No, it's not a good idea. Blocking trickle vents can lead to poor indoor air quality, increased humidity, and mould growth. Trickle vents are designed to ensure a continuous flow of fresh air, which helps prevent condensation and damp issues in your home.

Understanding Trickle Vents

Trickle vents are small, adjustable openings fitted in window frames to allow continuous low-level airflow. Introduced under Part F of the UK Building Regulations, they combat excessive moisture and pollutants in modern, airtight homes. Without them, everyday activities like cooking or showering release moisture that lingers, leading to condensation on cold surfaces like walls and windows. This dampness becomes a breeding ground for mould spores, which damage property and pose respiratory health risks.

The Importance of Ventilation

Proper ventilation is essential for several reasons:

1. **Prevents Mould Growth:** Moisture accumulation can lead to mould, which poses health risks.
2. **Improves Air Quality:** Fresh air reduces indoor pollutants and allergens.
3. **Controls Humidity:** Adequate ventilation helps maintain optimal humidity levels, preventing condensation.

Risks of Blocking Trickle Vents

- **Increased Humidity:** Without adequate airflow, humidity levels can rise, leading to condensation on walls and windows.
- **Mould and Damp Issues:** High humidity creates an environment conducive to mould growth, which can damage your property and affect health.
- **Poor Indoor Air Quality:** Blocking vents restricts fresh air, leading to stale and potentially harmful indoor air.

Why Choose FLUXO or ARIA?

If you're looking for effective alternatives to trickle vents, consider the FLUXO and ARIA systems from VENTI. Both options provide continuous ventilation while addressing the drawbacks of traditional trickle vents.

FLUXO: Continuous Fresh Air Supply

- **How It Works:** FLUXO operates on a continuous 70-second cycle, drawing in fresh, filtered air from outside before reversing to extract stale air from your home.
- **Heat Recovery:** With an innovative heat exchanger, FLUXO retains over 82% of the heat, making it energy-efficient and cost-effective.
- **No Drafts or Insects:** Unlike trickle vents, FLUXO prevents cold drafts and keeps insects out.

ARIA: Ideal for Wet Rooms

- **Continuous Operation:** ARIA is designed for use in wet rooms, continuously extracting

moisture to prevent damp issues.

- **Humidity Sensor:** Equipped with a built-in humidistat, ARIA automatically boosts extraction when humidity levels rise above 65%.
- **Quiet Performance:** Operating at a low noise level (from 9dB), ARIA ensures a comfortable environment.

Summary of Key Points

- **Do Not Block:** Blocking trickle vents can lead to serious issues like mould and poor air quality.
- **Consider FLUXO or ARIA:** These systems provide controlled, continuous ventilation without the drawbacks of trickle vents.

Maintaining clear and functional trickle vents is crucial for a healthy living environment. If you have concerns about ventilation in your home, consult with a professional to explore the best solutions for your needs.