

What is Humidity Control?

The management of moisture levels in the air within a building to prevent condensation and maintain occupant comfort and building longevity. Humidity control is vital in the UK, particularly in a damp climate, to avoid issues such as mould growth, the deterioration of building materials, and to ensure a healthy indoor environment.

Humidity control refers to the active regulation of water vapour content in a building's internal air. It is a critical component of a comprehensive ventilation strategy, working to prevent the build-up of excess moisture that can lead to interstitial and surface condensation. In the UK, where the average relative humidity (RH) is often high, effective humidity control is a key aspect of healthy and durable residential buildings. The goal is to maintain the RH within a comfortable and safe range, typically between 40-60%.

In UK residential buildings, humidity control is achieved through a combination of effective ventilation and moisture-generating source control. Poor humidity control is a common cause of issues like black spot mould growth, peeling paint, and a musty odour. This is often seen in older properties with limited ventilation or in homes where daily activities, such as cooking, showering, and drying clothes indoors, generate significant amounts of water vapour without a means of escape.