



# Guide: How Tenants Can Minimise the Risk of Mould in Their Rented Property

[WWW.OLDSCHOOLCLEANING.CO.UK](http://WWW.OLDSCHOOLCLEANING.CO.UK)

## What will you get from this guide?

- A better understanding of the risks of mould and damp
- How you can help to minimise mould in your property
- How our services can help

Mould growth in a property isn't just an **annoying inconvenience**—it can be harmful to both your **health** and the **condition of your home**. While landlords are responsible for ensuring the property is in a habitable condition, tenants also play a key role in **preventing mould** by managing moisture and ventilation.

Here's a simple guide to help you **reduce the risk of mould growth** in your rented property.

## What is mould?



**Find out more about mould and how you can help to minimise it in your home!**




Mould is a type of **fungus** that grows in damp, warm, and poorly ventilated environments. It appears as **black, green, or white patches** on walls, ceilings, and other surfaces. Mould spreads through tiny airborne **spores**, which can cause health issues like **allergies, respiratory problems, and skin irritation**, especially for those with asthma or weakened immune systems.

Common causes of mould include **condensation, leaks, and excess humidity**. Preventing mould involves **improving ventilation, reducing moisture, and addressing damp issues early**.



# Ventilation is key





-  **Open Windows Daily** – Even in colder months, open windows for at least **10-15 minutes a day** to let fresh air circulate.
-  **Use Extractor Fans** – If your kitchen or bathroom has an extractor fan, **turn it on** while cooking or showering and leave it running for a few minutes afterward.
-  **Keep Doors Open (or Closed When Needed)** – Keep internal doors **open** to improve airflow, but **close bathroom and kitchen doors** when cooking or showering to stop excess moisture spreading.



# Manage Condensation



**Condensation is one of the biggest causes of mould. Reduce it by:**

-  **Wiping Down Windows & Sills** – In the morning, use a cloth or squeegee to remove any condensation from windows and window sills.
-  **Keeping Furniture Away from Walls** – Leave a small gap between furniture and external walls to allow air to circulate.

🏠 **Avoid Overcrowding Rooms** – Overfilling rooms with furniture and belongings can trap moisture and lead to damp patches.



## Reduce indoor moisture



Excess moisture in the air encourages mould growth. Try these tips:

🍲 **Cover Pots & Pans When Cooking** – This reduces steam and condensation build-up.

🧺 **Dry Clothes Outside When Possible** – If you must dry clothes indoors, use a drying rack in a well-ventilated room with a window open.

💧 **Use a Dehumidifier** – If your property is naturally damp, consider using a dehumidifier to absorb excess moisture.


🚿 **Wipe Down Bathroom Surfaces** – After a bath or shower, use a cloth to wipe down wet surfaces and leave the extractor fan running.





# Keep the Property at a Consistent Temperature



**Mould thrives in cold, damp spaces. To prevent this:**

 **Avoid Sudden Temperature Changes** – Try to maintain a steady indoor temperature, especially during winter.

 **Use Heating Correctly** – If possible, set your heating to a low but consistent temperature rather than switching it on and off.

 **Don't Block Radiators** – Ensure furniture or curtains aren't covering radiators, as this can trap moisture and prevent heat from circulating.



## Final thoughts



Preventing mould is a shared responsibility between landlords and tenants. By keeping your home well-ventilated, controlling moisture, and spotting issues early, you can help protect your health and avoid bigger problems down the line.

If you're struggling with persistent damp or mould despite following these steps, speak to your landlord—they may need to investigate further and take action.

 A little prevention goes a long way in keeping your home safe and mould-free!

**#TenantTips #MouldPrevention #HealthyHome #RentersGuide**



# A bit about us...



## MISSION STATEMENT

To create cleaner, safer spaces for our clients, using our first class knowledge to expertly deliver safe, responsible and proactive solutions, to help make a positive impact on the community.



www.oldschoolcleaning.co.uk



DIRECTOR  
*Rachel Murphy*

## OS Cleaning Specialists

### Our services include:

- Domestic regular and deep cleans
- Commercial regular and deep cleans
- Decluttering support service
- Bodily fluid clean ups
- Trauma clean ups
- House clearance
- Pest control
- Mould treatment



### Contact:

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*Hi, my name is Rachel and I am the director of OS Cleaning Specialists. I am based in Reading and educated in the UK. I graduated in 2011 after securing a BSc in Psychology at the University of Reading. I then pursued a career in teaching, which I was very fond of and provided me with many skills and experiences. For that, I am truly grateful. However, life has a funny way of steering you onto other paths. I didn't realise at the time, but I now firmly believe that I truly needed a change for my own well-being and a different purpose was calling me - something my background in psychology and mindset have always driven in me.*

*Over the past couple of years, the company has evolved considerably from its original purpose of providing domestic cleaning to local residents of Reading and the surrounding areas, and we still absolutely love providing premium and accessible services for our domestic clients. But our core values and mission have also driven us toward a desire to educate and implement change in our community. We now provide biohazard and specialist services, working both privately and with agencies, and word of our expertise in mould cleaning and our biohazard services is spreading!*

*Rachel Murphy*

**Mould can be harmful to both health and property, but our expert mould treatment services provide a safe, effective, and long-lasting solution. We don't just remove visible mould—we address the underlying causes to prevent regrowth and provide redecoration services.**

- ✓ **Comprehensive Inspection** – Identifying moisture sources and problem areas
- ✓ **Specialist Treatment** – Using professional-grade mould removal products
- ✓ **Preventative Solutions** – Advice on ventilation, humidity control, and long-term prevention

**Whether you're dealing with black mould, persistent damp, or condensation issues, our team is here to help. Contact us today for a professional assessment!**

**Please feel free to contact us:**

**[www.oldschoolcleaning.co.uk](http://www.oldschoolcleaning.co.uk)**

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