Please take care of me

Let's talk bathroom ventilation.

Good ventilation will save you thousands of dollars and keep your family healthy - mould can be a huge problem in bathrooms if they're not properly ventilated.

We've broken down everything you need to know about ventilation with a handy guide.

Adp

Why ventilation is so important

It's crucial to have the best ventilation possible for your bathroom as moisture can be the root of all wet area products breaking down and failing, in particular your vanity and mirror. These products are usually water resistant not waterproof so it's important moisture does not build up which will mean your products will last longer, saving you money!

Good ventilation is also key to achieve lower humidity in the room which will minimize bacteria growth and prevent mould and mildew. You'll have less mildew on your grout, walls and ceilings, and fewer mould spores to threaten your respiratory health.

So why wouldn't you keep your bathroom well ventilated!

Signs of poor ventilation

The earliest sign to look out for is black spotting on mirrors. When the steam or humidity rises to the top of the room and ventilation is not sufficient, the mirror (which is normally positioned high up in the room) is the first thing to steam up. Over time, this causes damage to the mirror that appears as black spots or corrosion which cannot be reversed.

Other signs might include paint starting to flake on the ceiling, bubbling of paint coatings on fixtures, and furniture swelling.

Evidence of mould or mildew is also a good indicator that your ventilation is not adequate.

How to achieve good ventilation

The best sign that your ventilation is sufficient is that the mirror doesn't steam up and the tiled walls aren't wet.

The best way to achieve this is to have a good exhaust fan that is correctly sized for the space, to do this you need approximately 50 cfm per toilet and 50cfm per shower or bath. The fan should be installed to exhaust air into a duct that directs the air outdoors, not into your walls. Using the wall joists to guide exhaust air can result in moisture and mould problems in the walls.

Run the fan every time water is being used in the bathroom and run it for around 15 minutes after you shower.

If you have a bathroom window, opening that daily (even in the chilly winter months) in addition to using the exhaust fan will help to keep your bathroom fresh and mould-free.

We hope you enjoy your well ventilated, mould-free bathroom for many years to come!