

# PROPER VENTILATION AND HEATING – THAT IS HOW It WORKS!

## THE VENTILATION

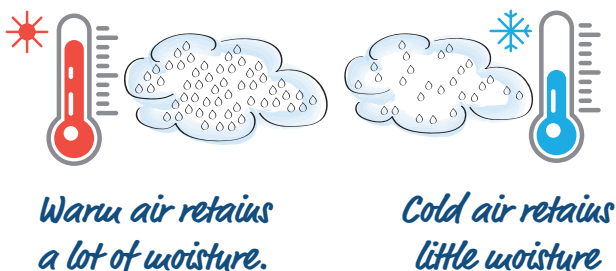
### THIS IS HOW MOISTURE IN THE AIR IS PRODUCED

Moisture in the air comes from showering, cooking, even watering flowers and breathing. One person produces about three liters of water per day! In a four-person household, around twelve liters accumulate every day.



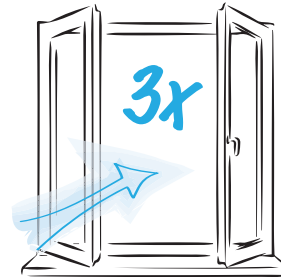
### MOISTURE HAS TO GO!

When the air is cool, it can retain less moisture. The moisture settles, for example, in the corners of a room or behind furniture. Mold develops. Mold is unhealthy and can damage the building. Therefore, the moisture has to go.



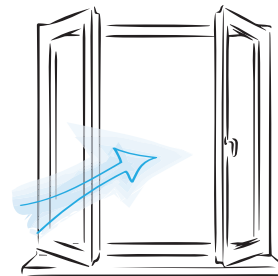
### VENTILATE AT LEAST THREE TIMES A DAY

Ventilate three to four times a day. Especially after showering, cooking and in the morning after getting up in the bedroom.



### OPEN THE WINDOWS COMPLETELY

It is better to open the windows completely for a few minutes. This so-called shock ventilation ensures that the moisture in the air can get out and fresh air can come in.



### OPEN TWO WINDOWS COMPLETELY

Ventilation works best if two windows facing each other are opened at the same time.



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## THE VENTILATION

### DO NOT TILT WINDOWS

When it is cold outside, a permanently tilted window cools down the wall and ceiling around the window. If moist air hits the cold wall, mold can develop.



### HOW TO SLEEP WELL

In a bedroom with two people, about one liter of water accumulates in eight hours! In cold temperatures, keep the room door open at night but closed during the day. Ventilate the room in the morning and, if possible, several times during the day. The same applies here: do not tilt the windows!



### DO NOT VENTILATE FOR TOO LONG

In freezing temperatures, five minutes of ventilation are enough. In spring or autumn, one can ventilate for 15 minutes. The rule of thumb is to take the outside temperature in minutes and add 5 minutes to it. For example, if the temperature is 1 °C outside, then the room should be ventilated for 6 minutes.



### SWITCH OFF THE RADIATORS WHEN VENTILATING

While ventilating, turn off the radiators. After ventilation, one can set the thermostat back to the desired temperature.



### MOIST AIR IS COLD

If the air in the room is moist, it feels colder. It is better to ventilate!

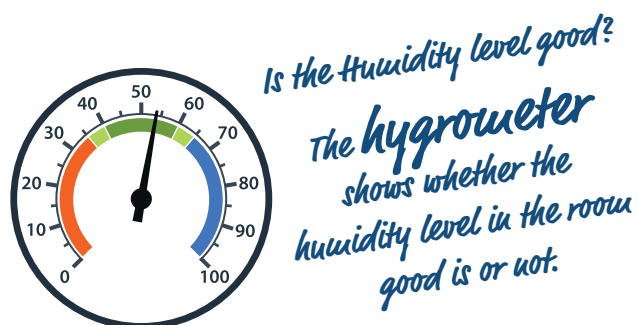


### HOW HUMID SHOULD THE AIR BE?

The humidity should be between 45 to 60 percent. If the humidity is too low, about 30 percent or less, one can get dry eyes, for example. If the air is too humid, mold can develop.

### A HELPFUL DEVICE: THE HYGROMETER

Hygrometers measure the humidity in the air. If the device indicates that the humidity is 60 percent and more, one must ventilate!



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## HEATING



### THE ROOM TEMPERATURE SHOULD NOT BE PERMANENTLY BELOW 18 DEGREES

If the room temperature is permanently below 18 degrees, it is too cold. There is a risk of mold building up in this case!



### DO NOT LET THE RADIATORS COOL DOWN COMPLETELY

Do not set the radiators to „0“ in winter. It takes a lot of energy to get the room warm again.

Lower the temperature at night to maximum „3“ or „4“. If one is away for a longer period, for example on holiday, the temperature should be lowered to „1“ or „2“.

Only set the radiators to „0“ while ventilating.



### SETTING THE THERMOSTAT TO „5“ DOES NOT WARM UP THE ROOM FASTER!

Many set their thermostat to „5“ if they want the room to warm up quickly. However, that does not work.



### THERE SHOULD BE NOTHING IN FRONT OF THE RADIATORS

Do not put anything in front of the radiators. Do not put anything on it. Curtains should not hang in front of the radiators.



### CLOSE THE SHUTTERS AT NIGHT

In order to lose less heat through the windows, lower the shutters at night.

**REDUCING ROOM TEMPERATURE =  
SAVING ENERGY!**

**One degree less saves  
six percent energy.**



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## HEATING



### THE PROPER ROOM TEMPERATURE

For most people, a room temperature of at least 20 degrees Celsius is comfortable in the living room. IT should also be warm in bathroom and in the children's bedrooms. In the kitchen and in the bedroom, 17 or 18 degrees Celsius are sufficient.

**Bathroom Temperature:** 20–22 degrees Celsius when one is using the bathroom, otherwise 17–18 degrees Celsius are enough.

**Study room Temperature:**  
20 degrees Celsius.



**Bedroom Temperature:**  
17–18 degrees Celsius.

**Living room Temperature:**  
20–21 degrees Celsius.

**Kitchen Temperature:**  
17–18 degrees Celsius.

### SETTING THE TEMPERATURE WITH THE THERMOSTAT

With the numbers and dashes on the thermostat, one can determine how warm it should be in the room. The „2“ stands for about 16 degrees Celsius, the „3“ for about 20 degrees Celsius. The dashes stand for the degrees in between.

