

Healthy Living

Therma-Hygrometer with Comfort Level Indication

The Therma-Hygrometer is an easy and inexpensive way for tenants to anticipate and avert "cold and dampness" problems at home.

TOO COLD



COMFORTABLE



TOO HOT



Condensation is a major problem throughout the country for homeowners as well as Local Authorities, Housing Associations and private landlords.

Water streaming down windows and walls first thing in the morning and dripping off ceilings are headaches suffered by tens of thousands of homes across the UK.

The Therma-Hygrometer is a vital and cost effective tool for assessing the risk of condensation, measuring air temperature and air moisture content. The meter allows the householder to regulate the heating and ventilation to minimize condensation, help prevent mould growth and provide a more comfortable living environment.

When the dial is in the BLUE sector additional heat is required to increase the room temperature, when in the RED sector some ventilation is required to reduce the room temperature and lower the humidity. The GREEN sector indicates the ideal room temperature to comfort and healthy living conditions with no risk to health, minimizing the occurrence of condensation.

TOO HUMID



Identifying high humidity and the onset of possible condensation at an early stage can prevent the start of problems of black mould growth on walls and ceilings which will not only attack and ruin decorations but can also contaminate clothes, leather goods and furnishings. Prolonged exposure to mould growth can be injurious to health.

In the UK there are an estimated 6 million families and vulnerable people living in fuel poverty, is the Therma-Hygrometer an accurate and reliable gauge to indicate the condition of the dwelling and immediately draw attention to any impending dangers. Living in cold, damp flats and houses seriously affects health and wellbeing.

OPERATING INSTRUCTIONS

INSTRUMENT OPERATION

Open the battery compartment and insert the batteries supplied. For the most accurate recording of ambient temperatures, the Therma-Hygrometer unit should be positioned away from direct sunlight and draughts.

The coloured indicators above the temperature and humidity display are a quick reference guide to humidity levels only.

MAX/MIN

Press the MAX/MIN button to display the maximum reading ('MAX' symbol displayed). Press the MAX/MIN button again to display the minimum reading ('MIN' symbol displayed). Press MAX/MIN button again to return to normal readings.

To clear the MAX or MIN reading press the clear button when viewing the MAX or MIN readings, '- -' will be shown and reading cleared.

Please note: Max/Min readings are not saved so if the battery is removed or drained the Max/Min readings will be cleared.

°C/°F

Press the °C/°F button on the front of the instrument to switch between Centigrade and Fahrenheit.

Read also:

[Damp and Mould Information Leaflet](#)

[How we work together to deal with Damp and Mould](#)



We have included an example data log overleaf where customers will be asked to record readings throughout the day.

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0300 323 0990, select option 1.



EXAMPLE THERMA-HYGROMETER DATA LOG

We can send the log electronically for you to complete, or as a hard copy.

Date/ Time	Room 1 (room name)		Room 2 (room name)		Heating on/off	Activity (cooking/ showering/ washing hanging internally)
15/12/23	Temperature	Humidity	Temperature	Humidity	Please tell us if your heating is on and what the thermostat is set at?	Activity
08.00	20	42%	n/a	n/a	<i>Heating on from 07.00 hrs- in all Room's except main bedroom at rear and bathroom thermostat at @ 21 at all times</i>	<i>2 X Shower - Door closed and extract fan on.</i>
13.00	n/a	n/a	n/a	n/a	<i>Heating off from 9.00hrs</i>	N/A
17.00	18	40%	n/a	n/a	<i>Heating on at 16.30 hrs</i>	<i>Cooking dinner - Kitchen door closed with fan on.</i>
21.00	22	38%	n/a	n/a	<i>Heating off at 22.00 hrs</i>	N/A
16/12/23	Temperature	Humidity	Temperature	Humidity	Please tell us if your heating is on and what the thermostat is set at?	Activity
08.00	20	46%	n/a	n/a	<i>Heating on from 07.00 hrs- in all Room's except main bedroom at rear and bathroom thermostat at @ 21 at all times</i>	<i>2 X Shower - Door closed and extract fan on. Washing Cycle x 1 - Washing hanging on airer in kitchen with door closed.</i>
13.00	n/a	n/a	n/a	n/a	<i>Heating off from 9.00hrs</i>	N/A
18.00	20	39%	n/a	n/a	<i>Heating on at 16.30 hrs</i>	<i>Cooking dinner - Kitchen door closed with fan on.</i>
21.00	22	37%	n/a	n/a	<i>Heating off at 22.00 hrs</i>	N/A