

Advice for Tenants

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Appliance manuals and other info available online at <http://3ibc.com/>

Recycling, rubbish and bulky waste

Recycling:

- bins located in the estate car park, behind Ralph Brook Court
- recyclable is paper, glass, metal, many plastics
- check Hackney site <https://hackney.gov.uk/your-recycling/> for specifics.

Non-recyclable rubbish:

- Communal rubbish chutes very near, at either end of the path outside.
- Failing that, any other communal chute on the estate.
- If all full, please keep till the morning (collections are usually every weekday)
- Hackney site <https://hackney.gov.uk/rubbish> might have more info.

Bulky waste:

- Hackney can collect bulky waste, but they charge to do so.
- see <https://hackney.gov.uk/bulky-waste> for details.
- other alternatives to collection are listed on that Hackney page.

Medical waste:

- Medical waste (eg sharps, not sanitary items) must not go into either the recycling or the normal waste.
- Hackney can collect such waste – google “hackney medical waste” for info.

Storing rubbish:

- Rubbish should not generally be stored at the flat.
- in particular the landing, stairs and entrance are the fire escape route from upstairs and should always be kept clear of obstruction.
- Hackney’s Rules and Regulations prohibit storing rubbish inside the property (para 3.4) and on the balcony (para 3.9). While they don’t specify what ‘storing’ means, I’d say when a bin fills up, bag it up and chuck into the communal bins. Recycling can conveniently be collected in a bag in the open cupboard next to the sink, and taken to the communal recycling bins when full.

Legionella advice

Legionnaires' disease is a potentially fatal form of pneumonia caused by inhaling small droplets of water containing Legionella bacteria. All water systems, hot or cold, large or small, can provide an environment where Legionella can grow.

The tips below can help avoid Legionella contamination by keeping cold water too cold for it to grow, below 20 C, or hot enough to kill it, above 50 C, or simply flushing it out:

- ◆ boiler temperature control for hot water:
 - set high enough that water coming from the further tap is 60 C or higher
- ◆ shower hose and head:
 - periodic disinfection
 - advise regular flushing if not in daily use
- ◆ bath fillers:
 - regular flushing of both taps if not in daily use
- ◆ WC handbasin:
 - periodic landlord flushing, both taps
- ◆ WC's:
 - periodic flushing if not in regular use
- ◆ cold water appliances:
 - occasional use of hot cycle
- ◆ sink and basins, all with mixer taps:
 - keep DHW setting of boiler at or above 60 deg C.

Damp and black mould advice

Black mould grows on damp surfaces. Damp walls are usually caused by contact between humid air and cold surfaces such as outside walls, especially in the winter.

Factors involved will be:

- ◆ the humidity level in the apartment generally;
- ◆ humidity levels in each particular bedroom;
- ◆ how much of the day occupants are in the room,
- ◆ air circulation - having the door and/or window open;
- ◆ occupation level - overnight guests;
- ◆ level of central heating, and probably more factors.

The tips below can help avoid damp exterior walls and mould:

- ◆ do not dry laundry in bedrooms:
 - use the tumble dryer (which vents outside) or if good weather use the washing line on the balcony
 - wet towels dry best in the bathroom as the fan will remove the humidity
 - leave wet coats etc should be hanging in the entrance
- ◆ keep bedroom doors open during the day (humans breath out about 400ml water vapour daily)
- ◆ keep trickle vents open
- ◆ remember while cooking, which produces a lot of steam:
 - keep lids on pans (also means less heat is required for cooking)
 - do keep the kitchen fire door shut (it should be kept shut anyway)
 - open kitchen and lounge windows when cooking a lot.

While building problems can increase humidity, eg leaking pipes, roofs, windows, failing sealant around the bath and basins, humans produce humidity too, by showering, cooking, laundry, and simply by breathing. The weather defines the air humidity outdoors. Britain is a damp country in general, and when it rains the humidity shoots up.

If guests stay in the bedrooms the amount of humidity naturally produced is doubled, meaning twice the ventilation is required.

'Trickle vents': The windows in all of the rooms have these vents - they are horizontal vents between the two panes (or possibly at the top) which are covered by a white bar which can be pulled a little away from the window ~5mm to open them, and pushed back to close them. People generally are advised to keep them open (eg at <https://www.gov.uk/government/publications/home-user-guide-template/existing-home-ventilation-guide>).

Relative humidity – this is a measurement of how much water vapour is in the air, expressed as a percentage of the maximum amount of water that air at the temperature can hold. Warmer air can hold more water vapour.

It is easy to kill mould – cheap thin bleach kills it.

Humidity, relative humidity, and breathing

At 18°C and 65% relative humidity (RH) the air contains 10g per cubic meter. 10g/m³ is the ‘absolute humidity’. At 18°C and 100% RH the air holds 15.3g/m³.

The bedrooms have volumes that range from 23 (bedroom 1), 24.5 (bedroom 2) and 36 m³ (bedroom 3), so at most they can contain 24.5 x 15.3 = 375g water (bedroom 2), or 352g water in bedroom 1.

A human exhales on average 400ml of water per day. While sleeping eg 8 hours, they may exhale 400/3 = 133ml or 133g of water. Ignoring any ventilation, in bedroom 1 133g equates to 133g/23 m³ = 5.8g/m³ which at 18°C is 5.8/15.3 = 38%RH. In B2 that is 133/24.5*15.3 = 35%RH. In B3 two people would exhale about 266g, or 266g/36m³ = 7.4g/m³ ie 48%RH. If the humidity in any of these rooms is at 65%RH when going to bed, without any ventilation, after 8 hours the humidity would be at or above 100%, ie starting to rain, or at least have water condensing on most surfaces. Quite unpleasant, thus the importance of ventilation!

Building Reg F – ventilation – app A, p44 has RH guidance in table A2, ie 1 month avg RH < 65%, 1 week avg < 75%, 1 day avg < 85%.

Hackney (<https://hackney.gov.uk/damp-and-mould>) say don't Hoover, and don't use bleach!

Fire safety

Kitchen door – do not wedge it open, it is a 30 min fire door - it can hold back a fire for 30 minutes which is required for the protection of the escape route from upstairs.

Front door – do not lock from the inside. In an emergency the front door will need to be opened quickly. If extra security is desired use the chain – it is quick to remove.

No smoking please inside the flat. It is a condition of the tenancy.

Candles - in 2020, over 200 fires in London have been connected to candle use, so the London Fire Brigade recommends swapping wax candles for 'flameless' candles. (Not to mention the breathing in the particulates, and the cleaning or repainting caused by the soot)

Fire alarms

The fire alarms system is mains-powered and interconnected – if smoke is detected in one location all alarms ring.

Testing:

- Check green led is on.
- Check red led flashes every 40 seconds.
- Press the test button for 10 seconds – all 3 alarms should sound. When you release the button that alarm should stop first, the other alarms should continue for 3 more seconds.

The kitchen/lounge alarm is a heat detector (rather than a smoke detector), so should not react to burnt toast etc, but if it does you can push the test/silence button to give 10 minutes of reduced sensitivity on all connected alarms.

Replacements bulbs, batteries, hoover bags

Spare bulbs in the kitchen drawers. All replacements should be LED, filament type when possible as they are more efficient. For normal bayonet clip (BC aka B22) bulbs, I generally recommend 'candle' or 'mini globes' as they are easiest to put in and remove:

- Bedroom main lights are all B22, minimum 800 lumen (60W equivalent), eg [Sainsbury's, £5 for 2](#).
- Entrance, WC and landing - all B22, 470 lumen (40W equivalent), 2700k/warm white, eg [Sainsbury's, £5 for 2](#).
- Lounge uplighters - all B22, *dimnable*, 470lm, 2700K/warm white, eg [Sainsbury's Home LED Filament Standard 60W BC Dimmable, £6 for 2](#). NB they must be dimmable otherwise a) they don't dim well, and b) after a while the dimmer circuit burns out (expensive to fix...)!
- Desk lamps should evenly illuminate your working area, so avoid spotlight bulbs; have low power 250lm (~ 25W equivalent) bulbs. NB get 'cool white' (6500K) for work lights as it's said to be better for concentration, and also when combined with the warm white main room lights colour rendering can be improved. eg:
 - for E14 (aka SES, small Edison screw) lamps: [SES candle LED 250lm 3W from Screwfix](#).
 - for the GU10 desk lamp: [Eveready 3W wide beam \(110°\)](#) - NB the more common 38° spotlight bulbs are not suitable for desk lights. NB2 bulb sucker in the bottom kitchen drawer.
- Bathroom spotlights - 5W, MR11 GU4, wide beam (> 90°), natural white. Eg these on eBay [£12 for four](#).
- Kitchen pendants - dimmable MR11 GU4 base LED 4.5W 36 deg beam; these are the most difficult to find - I have a couple left, best to contact me to replace them.

Batteries:

- The carbon monoxide alarms take two AA batteries.
- The smoke alarms are mains-powered, with battery backup which rarely needs to be changed.
- TV remote (if present) takes two AAA batteries.

Bags:

- Get vacuum cleaner bags for the 'James' either from [myhenry.com](#), £4.50 for 3 or £10 for 10 free delivery, or walk down to Argos (on Old Street, 7 min walk) and get 10 for £10 over the counter.

Maintenance & cleaning

Detailed instructions for the care of each appliance is in the appliance manual (available [here](#)).

detectors:

Checking the smoke and carbon monoxide alarms is easy and definitely worth-while!

- smoke/heat detectors - although these have batteries as a backup, they are mains-powered normally so their batteries rarely need replacing. Each has a 'test' push button, and as they are interconnected, they should all beep when any of their buttons is pushed.
- carbon monoxide alarm - these start to beep and show 'lb' when the battery is low.

materials:

Spare cleaning gear might be found under the kitchen sink:

- dishwasher - because of London's hard water, AEG recommend separate detergent, salt and rinse aid rather than all-in-one tablets - they are generally cheaper too, and are better for the dishwasher itself.
- wooden floor - generally just wipe with a damp cloth, but can be polished with mansion wax.
- island worksurface - teak oil.
- bathroom limestone - just soapy water.

kitchen and living room:

- boiler: water pressure should be within the green range
- dishwasher: keep salt replenished – it helps keep avoid lime scale
- rinse aid is up to you – it's said to aid washing/drying, so maybe lower temperature may be used)
- wooden worktop: polish with teak oil.
- tumble dryer: regularly check the filter every few uses
- washing machine: check the filter every other month
- vacuum cleaner: get replacement bags from myhenry.co.uk (link above).

stairs and landing:

- smoke alarm: check battery by pushing the button – should beep
- stairs: keep clear

bathroom:

- limestone tiling: just use soapy water to wash *do not 'cif' or suchlike cleaners*
- *shower curtain: can be machine washed*

bedrooms:

- windows: keep air vents open
- net curtains: machine washable