

PMRG

Precision Mould Remediation Group

DIY MOULD REMEDICATION GUIDE

Restore. Refresh. Renew.

A complimentary resource from Precision Mould Remediation Group
For homeowners across South Africa

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Welcome from PMRG

At Precision Mould Remediation Group, we believe every South African homeowner deserves to live in a safe, healthy environment — whether we can physically be there or not. This guide shares our professional knowledge so you can take confident action against minor mould outbreaks in your home.

Mould is a common problem in South African homes — from humid coastal regions to the high-rainfall Highveld summers. Left untreated, mould can damage your home's structure, trigger respiratory issues, and worsen over time. The good news: with the right approach, minor mould is absolutely manageable as a DIY project.

IMPORTANT

This guide is for minor to moderate mould outbreaks (less than 1 m²). If the affected area is larger, mould has penetrated walls, or anyone in the household has respiratory conditions, please contact a professional remediator.

What's Inside This Guide

- 01 — Understanding Mould: What It Is & Why It Spreads**
 - 02 — Assessing the Severity: Know Before You Act**
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01 — UNDERSTANDING MOULD

What is Mould?

Mould is a type of fungus that reproduces by releasing microscopic spores into the air. These spores are everywhere — indoors and outdoors — and are harmless in small numbers. The problem begins when spores land on a moist surface and begin to colonise, forming the visible patches we recognise as mould.

Why Does Mould Grow in Homes?

Condition	What Creates It
Moisture / dampness	Leaking pipes, roof leaks, rising damp, flooding
Poor ventilation	Sealed rooms, no extractor fans, closed windows
Warm temperatures	Mould thrives between 15°C and 35°C
Organic materials	Plasterboard, wood, fabric, wallpaper — all are food sources
Humidity above 60%	Common during Highveld summer storms or coastal air

Common Mould Types in SA Homes

- **Cladosporium:** Black or green. Common on walls, carpets, and wood. Rarely dangerous.
- **Penicillium:** Blue-green. Found on water-damaged materials. Musty odour.
- **Aspergillus:** Various colours. Very common indoors. Can cause allergic reactions.
- **Stachybotrys:** Black mould. Grows on very wet cellulose material. Requires professional removal.

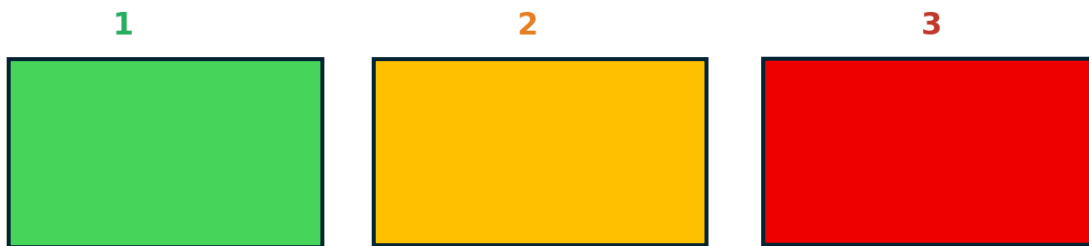
⚠ WARNING

Black mould (*Stachybotrys*) that appears slimy or covers a large area is NOT suitable for DIY removal. It requires professional-grade containment and disposal. Call PMRG or a qualified remediator immediately.

02 — ASSESSING THE SEVERITY

Before you do anything, assess the extent of the mould problem. This determines whether DIY is safe and appropriate, or whether professional help is needed.

Mould Severity Assessment — Know Before You Act



Mould Severity Assessment — Know Before You Act

How to Measure the Affected Area

Measure the width and height of the mould patch in metres and multiply them together. For example, a patch 50 cm wide × 40 cm tall = 0.5 × 0.4 = 0.2 m² (moderate level).

Health Symptoms to Watch For

- Persistent sneezing or runny nose when indoors
- Itchy, watery, or red eyes
- Skin rashes or irritation
- Wheezing, coughing, or difficulty breathing
- Fatigue or headaches that improve when leaving the building

**HEALTH
NOTE**

If any household member has asthma, allergies, or a compromised immune system, do not attempt DIY remediation. Even Level 1 mould can trigger serious reactions. Contact a professional and consider temporarily relocating during the work.

03 — SAFETY FIRST: PPE & PREPARATION

Mould spores become airborne the moment you disturb them. Proper protective equipment is not optional — it is essential. Gather everything before you start.

Essential PPE – Required Before Starting Any Remediation

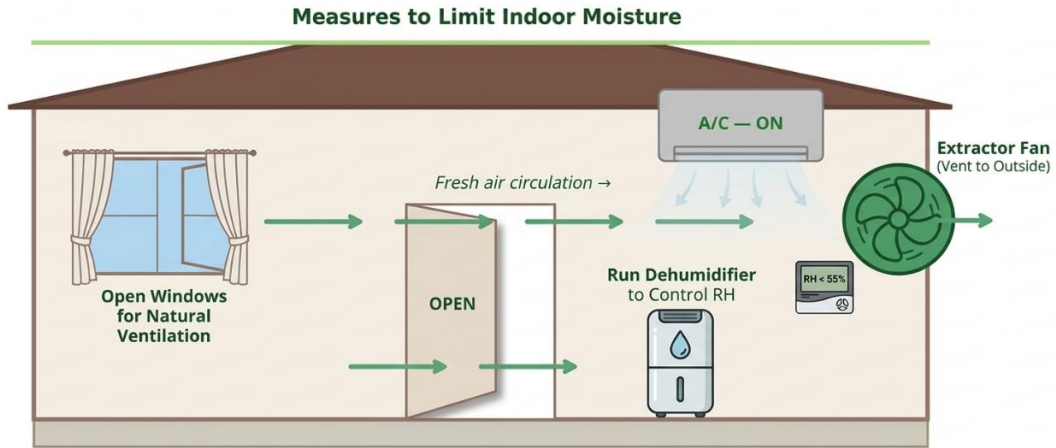


Where to Get PPE in South Africa

Item	Where to Buy	Approx. Cost
N95 / FFP2 Respirator Mask	Builders Warehouse, Leroy Merlin, Makro, Takealot	~R30–R80
Safety Goggles	Builders Warehouse, Makro, hardware stores	~R40–R120
Nitrile / Rubber Gloves	Checkers, Pick n Pay, pharmacy chains	~R20–R60
Old clothing / coverall	Builders Warehouse, safety equipment stores	~R60–R150

Preparing the Work Area

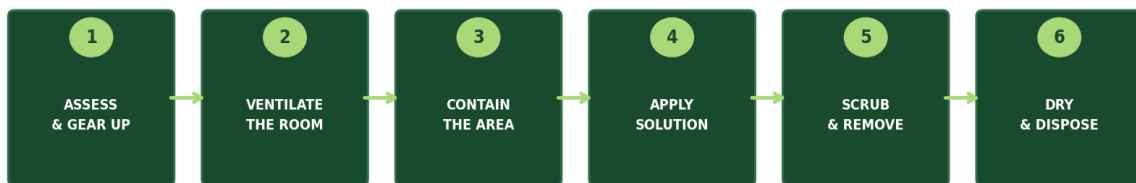
1. Remove all furniture, bedding, and personal items from the room or move them well away from the affected area.
2. Cover remaining furniture and belongings with plastic sheeting or old newspapers.
3. Open windows in the affected room — but close all doors to the rest of the house to prevent spore spread.
4. Switch off any air conditioning or HVAC systems to avoid circulating spores throughout the home.
5. Lay old newspaper or plastic on the floor below the mould area to catch falling debris.
6. Have rubbish bags ready for disposal — seal them immediately after use.



Set up ventilation to draw air out of the room, not into other areas of the home

04 — STEP-BY-STEP REMEDIATION PROCESS

6-Step DIY Remediation Process — Follow in Order



The 6-step DIY remediation process — follow in order

<p>STEP 1 Assess & Gear Up</p>	<p>Confirm the mould area is under 1 m² and all your PPE is on. Put on your mask, goggles, and gloves before entering the area. Do not touch your face at any point during the process.</p>
<p>STEP 2 Ventilate the Room</p>	<p>Open the window in the affected room. Place a fan facing outward to draw air out if available. Close all doors leading to the rest of the house. Allow 10–15 minutes of ventilation before starting work.</p>
<p>STEP 3 Contain the Area</p>	<p>Tape plastic sheeting over doorways if the room opens into living areas. Lay plastic or newspaper on the floor directly below the mould. Have sealed bags ready for all waste materials.</p>
<p>STEP 4 Apply Your Cleaning Solution</p>	<p>Spray or apply your chosen solution (see Section 05) generously to the mould. Do not dry-scrub — always wet the area first. Allow the solution to soak in for at least 10–15 minutes before scrubbing.</p>

STEP 5 Scrub & Remove	Using a stiff brush or old toothbrush for grout and corners, scrub firmly in small circular motions. Wipe away residue with damp cloths or paper towels. Seal used materials in a bag immediately. Repeat until the surface is visibly clean.
STEP 6 Dry & Dispose	Thoroughly dry the cleaned surface with a dry cloth, then leave to air-dry for at least 24 hours. Use a fan or dehumidifier if available. Bag all waste and dispose in an outdoor bin. Shower and change clothes after finishing.
CRITICAL	Mould will return if the surface is not fully dry. Never leave a treated area damp — allow a minimum of 24 hours drying time before considering the job complete.

05 — CLEANING SOLUTIONS: WHAT TO USE & WHEN

Different surfaces require different treatments. Using the wrong product can damage your surfaces or be ineffective against mould.

Surface Type	Recommended Product	Notes
Painted walls	White vinegar (undiluted)	Safe, effective for surface mould
Tiles / grout	Bleach solution (1:10 in water)	Excellent on non-porous surfaces
Wooden surfaces	Hydrogen peroxide (3%)	Avoid bleach — it damages wood fibres
Ceiling boards	White vinegar + baking soda	Test a small area first
Fabric / soft furnishings	Discard if heavily affected	Mild cases: sun-dry + vinegar spray
Concrete / brick	Bleach solution (1:10 in water)	Rinse thoroughly after 15 minutes

How to Make Your Cleaning Solutions

Bleach Solution (1:10 — e.g. JIK)

Mix 1 part bleach with 10 parts water in a spray bottle. Never mix bleach with ammonia or vinegar — this creates toxic fumes. Best for tiles, grout, and concrete. Rinse thoroughly after 15 minutes.

NOTE	Excellent for non-porous surfaces. Kills 99%+ of mould spores on contact.
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White Vinegar (Undiluted)

Pour undiluted white vinegar directly into a spray bottle — no dilution needed. Spray generously and leave for 1 hour before wiping. The smell dissipates within a few hours.

NOTE	Penetrates porous surfaces better than bleach. Safe for most walls and wood.
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Hydrogen Peroxide (3%)

Available at pharmacies as standard 3% solution. Spray onto surface and leave for 10 minutes before scrubbing. Safe to use on wood, fabric, and walls.

NOTE	Antifungal and antibacterial. Excellent for wooden surfaces.
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Baking Soda Paste

Mix baking soda with a small amount of water to form a thick paste. Apply to the mouldy area, leave 30 minutes, then scrub and rinse. Can be combined with a vinegar spray for extra effectiveness.

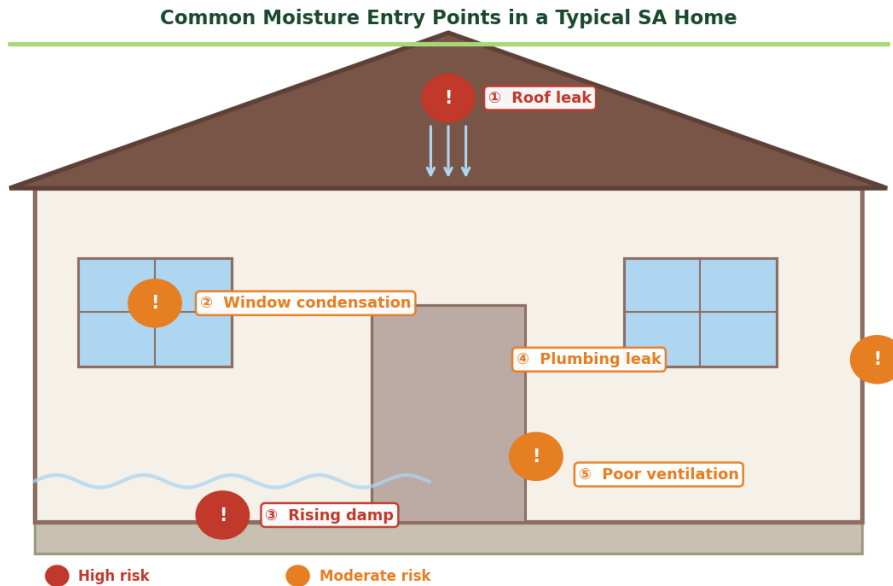
NOTE	Gentle abrasive — ideal for delicate surfaces. Also deodorises the area.
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⚠ WARNING

NEVER mix bleach with vinegar, ammonia, or hydrogen peroxide. The reactions produce toxic chlorine gas which can cause serious respiratory injury or death. Use one product at a time and rinse surfaces between switching products.

06 — MOISTURE SOURCES: FIX THE ROOT CAUSE

Cleaning mould without fixing the moisture source is a temporary solution. The mould will return if the underlying cause is not addressed. Identifying and resolving the moisture source is the most important step in long-term remediation.



Common moisture entry points in a typical South African home

Moisture Source	Signs to Look For	DIY Fix
Roof leak	Stains on ceiling, mould near roof joints	Temporary: patch with roof sealant. Permanent: call a roofer
Leaking pipe	Mould behind cabinets, damp walls near bathrooms	Tighten fittings or replace seals. Internal leaks need a plumber
Rising damp	Mould at base of walls, tide-mark staining	Improve drainage. Apply damp-proof paint. May need DPC installation
Poor ventilation	Condensation on windows, persistent musty smell	Install extractor fan. Open windows daily. Use a dehumidifier
Window condensation	Mould on frames and adjacent walls	Improve ventilation. Consider insulation film on glass
Blocked gutters	Mould on exterior-facing walls, damp inside walls	Clear gutters. Redirect downpipes away from the foundation

PMRG SERVICE	PMRG offers a Moisture Source Investigation as an add-on service for Gauteng clients, and virtual consultations for clients in other provinces. Contact: info@mouldremediation.co.za
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07 — PREVENTION: KEEPING MOULD AWAY FOR GOOD

Prevention is always easier and cheaper than remediation. These habits, maintained consistently, will dramatically reduce the likelihood of mould returning.

Daily Habits

- Open windows for at least 15–30 minutes each morning to flush out moisture-laden air.
- Run extractor fans during and for 20 minutes after showering or cooking.
- Wipe down shower walls and tiles after use — this removes the moisture mould feeds on.
- Do not leave wet towels, clothing, or swimming gear inside for extended periods.
- Dry laundry outdoors where possible — indoor drying raises humidity significantly.

Monthly Checks

- Check under sinks, around toilets, and behind the washing machine for signs of dampness.
- Inspect bathroom grout and silicone sealant — discolouration is an early mould warning.
- Check your ceiling in bedrooms and living areas for any new staining.
- Ensure gutters are clear and downpipes direct water away from your foundation.

Helpful Products

- **Dehumidifier:** Keeps indoor humidity below 60%. Available at Game, Makro, or Takealot from ~R800.
- **Anti-mould paint:** Prominent Paints and Plascon offer mould-resistant ranges. Use in bathrooms and kitchens.
- **Extractor fans:** Non-negotiable in bathrooms with no windows. From ~R400 at Builders Warehouse.
- **Silicone sealant:** Replace cracked bathroom sealant annually. Takes 30 minutes and costs under R100.
- **Moisture absorbers:** Products like DampRid are useful in wardrobes, storerooms, and enclosed spaces.

South Africa Seasonal Tips

Season / Region	Key Risk	Recommended Action
Highveld Summer (Oct–Mar)	High humidity + storm rain	Check roof seals before rainy season. Run dehumidifier.
Coastal Year-Round (Durban, CT)	Persistent humidity	Daily ventilation is critical. Anti-mould paint essential.
Cape Winter (Jun–Aug)	Cold walls + rain	Watch for wall condensation. Improve insulation.
Dry Interior (Limpopo, Karoo)	Lower natural risk	Focus on plumbing leaks and bathroom ventilation.

08 — WHEN TO CALL A PROFESSIONAL

DIY remediation has its limits. The following situations require professional intervention — attempting them without proper equipment can worsen the problem and risk your health.

X

The affected area is larger than 1 m²

Larger infestations release significantly more spores and often involve structural penetration.

X

Mould has grown inside walls or under flooring

This requires cutting into structures to remove contaminated material — a job for professionals.

X

The mould keeps returning within weeks of cleaning

This indicates an unresolved moisture source or deeper infestation that surface cleaning cannot fix.

X

Anyone in the household is immunocompromised or has respiratory illness

Mould exposure during remediation can trigger serious health episodes in vulnerable individuals.

X

The mould appears black and slimy

This may indicate *Stachybotrys chartarum* (toxic black mould), which requires specialist removal.

X

There is a persistent musty smell with no visible mould

Hidden mould inside walls or ceilings requires professional inspection equipment to locate.

X

The property is a rental or commercial building

Legal obligations and larger affected areas typically make professional remediation necessary.

Need Professional Help?

PMRG provides expert mould remediation across Gauteng — Sandton, Midrand, Rosebank, Bryanston, Centurion and surrounding areas. We also offer virtual consultations for clients in other provinces.

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WhatsApp us for a free quote

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This guide is provided as a free educational resource by Precision Mould Remediation Group. PMRG accepts no liability for outcomes arising from DIY remediation. When in doubt, always consult a professional.