

Proactive Moisture Control Checklist

A practical, room-by-room guide from Holistic Environmental Solutions for keeping your South Florida home dry and healthy.

Controlling moisture is the single most effective way to prevent mold growth and protect your property's value. In South Florida's humid climate, staying proactive is essential. Use this checklist to identify potential issues, perform routine maintenance, and keep your home's environment balanced and safe.

For optimal indoor health, aim to keep your home's relative humidity between 40% and 50%. A level consistently above 60% creates an ideal breeding ground for mold.

Whole-Home Inspection Checklist

Perform these checks quarterly and after major storms.

- ❑ **Roof & Gutters:** Inspect the roof for missing or damaged shingles. Ensure gutters and downspouts are clear of debris and direct water at least 6 feet away from the foundation.
- ❑ **Grading:** Check that soil and landscaping slope away from your home's foundation to prevent water from pooling against walls.
- ❑ **Plumbing:** Look for signs of leaks under sinks, behind toilets, and around appliance connections (ice maker, dishwasher).
- ❑ **HVAC System:** Schedule professional maintenance annually. Change your AC filter according to the manufacturer's recommendation (often monthly in South Florida). Ensure the condensate drain line is clear and draining properly.
- ❑ **Humidity Monitoring:** Place a hygrometer (humidity gauge) in a central area of your home to monitor indoor humidity levels.
- ❑ **Condensation:** Check for condensation on windows, pipes, or walls. This is a sign of high indoor humidity.
- ❑ **Dryer Vent:** Ensure the exterior dryer vent is clear of lint and securely connected.
- ❑ **Window & Door Seals:** Inspect weatherstripping around all windows and exterior doors for cracks or gaps.
- ❑ **Caulking & Flashing:** Examine exterior caulking around windows, doors, and utility penetrations for signs of cracking or failure.

Room-by-Room Checklist

Kitchen

- ❑ **Ventilation:** Use the exhaust fan vented to the outdoors when cooking, boiling water, or running the dishwasher.
- ❑ **Sink & Dishwasher:** Check under the sink for drips or water stains. Inspect hoses and connections for the dishwasher and refrigerator ice maker line.
- ❑ **Refrigerator:** Clean the drip pan and check for any leaks.

Bathrooms

- ❑ **Exhaust Fan:** Run the fan during and for 20–30 minutes after every shower or bath. Test its suction by holding a piece of toilet paper up to it; it should hold firmly.
- ❑ **Surfaces:** Wipe down wet surfaces after use. Check for cracked grout or failing caulk around tubs, showers, and sinks.
- ❑ **Plumbing:** Look under the sink and around the base of the toilet for any signs of water damage or slow leaks.
- ❑ **Rugs & Towels:** Ensure bathmats and towels dry completely between uses.

Laundry Room

- ❑ **Washing Machine:** Inspect supply hoses for bulges or drips.
- ❑ **Dryer:** Clean the lint trap after every load and ensure the vent hose is properly connected and not crushed.
- ❑ **Utility Sink:** Check for leaks around the faucet and drain.

Bedrooms & Living Areas

- ❑ **Windows:** Check for condensation, a sign of high humidity. Look for any water stains on sills or surrounding drywall.
- ❑ **Furniture Placement:** Allow for airflow by keeping furniture several inches away from walls, especially on exterior walls.
- ❑ **Closets:** Avoid over-stuffing closets to allow air to circulate.

Attic

- ❑ **Inspection:** Look for any water stains on the underside of the roof sheathing, especially around vents, pipes, and chimneys.
- ❑ **Ventilation:** Ensure attic vents are not blocked by insulation or stored items.
- ❑ **HVAC Equipment:** Check the AC air handler's drain pan and condensate line for blockages or leaks.

Crawl Space / Basement / Slab

- ❑ **Florida Slabs:** For homes on a concrete slab, check for moisture coming up through the floor, especially after heavy rains. Look for discoloration at the base of walls or flooring that is peeling or cupping.
- ❑ **Crawl Spaces (if applicable):** Inspect for standing water, damp soil, or signs of mold on subflooring and support joists. Ensure adequate ventilation.

Garage

- ❑ **Storage:** Store items in plastic bins rather than cardboard boxes, which absorb moisture and attract pests.
- ❑ **Water Intrusion:** Check for water seeping in under the garage door or through foundation walls after rain.

Seasonal Maintenance Schedule

Weekly

- ❑ Check hygrometer readings to ensure humidity is below 60%.
- ❑ Wipe up any spills or condensation immediately.

Monthly

- ❑ Inspect under all sinks for new leaks.
- ❑ Change your HVAC filter (or as recommended).
- ❑ Test bathroom exhaust fans.

Quarterly

- ❑ Complete the "Whole-Home Inspection Checklist."
- ❑ Clean out gutters and downspouts.

Pre-Storm / Hurricane Prep

- Clear all gutters, downspouts, and storm drains.
- Take photos/videos to document the pre-storm condition of your property.
- Stage towels, buckets, or tarps for any potential leaks.

Post-Storm

- Inspect the roof, attic, and all rooms for signs of water intrusion.
- Run dehumidifiers in any damp areas.
- Immediately remove and discard any wet porous materials (carpet, drywall, etc.) that cannot be dried within 24-48 hours.

Red Flags: Early Warning Signs of a Moisture Problem

If you notice any of these, it's time to investigate further:

- A persistent musty or earthy smell.
- Bubbling, peeling, or cracking paint on walls or ceilings.
- Hardwood floors that are "cupping" (edges are higher than the center).
- "Sweating" AC ducts or registers.
- Recurring condensation on the inside of windows.
- Slow drains or gurgling sounds from plumbing.
- Visible spots of discoloration on walls, ceilings, or baseboards.

When to Call a Professional

Holistic Environmental Solutions is an independent environmental assessment firm. We provide unbiased, scientific data about your property so you can make informed decisions. We do not perform remediation, which ensures our findings are free from any conflict of interest.

If you see red flags, smell musty odors, or want a comprehensive evaluation of your home's environmental health, an expert assessment is your next step. Our services include professional moisture mapping, air quality testing, and creating detailed remediation protocols.

Get the clarity you need to protect your home and family. Call us at (786) 580-9374 or request your inspection online today.