

Energy Saving Tips

Improving your comfort and reducing your heating bills

Constant temperature

As different rooms will have different temperatures, closing the door between rooms will give the best comfort and energy savings.

If you have a room thermostat it is important to make sure that this is unobstructed and not behind a door. This will guarantee the most comfortable temperatures in your home.

If you have more than one radiator in a single room, it is also more energy efficient to have them all running at the same temperature rather than one running at full blast.

48°C hot water

Having a maximum of 48°C delivered to your kitchen tap reduces the risk of limescale and calcification of the Heat Interface Unit (HIU), pipes and fittings. The HIU does not store any water, so there is a low risk of waterborne pathogens such as Legionella.

Modern day dish washing liquids are fully capable at cleaning sufficiently at warm temperatures, such as the ones you might use to wash your hands.

Never below 16°C

As a rule of thumb, it is a good idea to keep at least 16°C in all rooms. If you let the temperature fall below this, it can cause mould which may damage your home or make you sick.

Bedrooms that are kept colder during the night should be reheated during the day, and bathrooms that are cold during the day because the window is left open should be reheated during the night.

3°C set-back

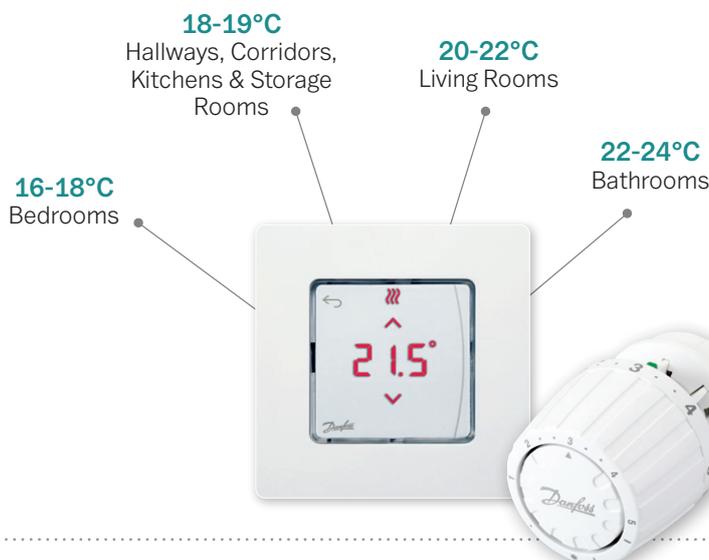
Lowering your room temperatures by just 3°C while you are away or during the night, may be more efficient than switching off the heating entirely.

This may sound counter-intuitive, but if you switch off your heating you could use more energy when trying to get the rooms back up to temperature again.

1°C lower at home

Lowering your set room temperatures by just 1°C can save you 5% on your heating bill.

Here is a guide to the suggested room temperatures that ensure comfort.



Note: indicated temperatures are approximations.

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Ventilate

Air out 2-3 times a day for 5-10 minutes, making sure that all the radiator thermostats are closed. If they are open, they will start to call for heat and you will be wasting energy. Ventilating will reduce moisture build-up by introducing dry air into the apartment. Dry air is also quicker and easier to heat up, which means less energy spent and lower heating bills.

N.B. If you can see condensation or mould in the corner of your windows, then this is a sign of too much moisture in the room.

You should only have windows open throughout the day or for a prolonged period if the outside temperature is above 17°C, otherwise the walls, surfaces and furniture will be cooled. This will take time and energy to heat up again, which may increase your heating bills.

Don't cover

Covering your radiators will stop the heat from getting out into the room. This will reduce the efficiency and increase your heating bills. Avoid letting curtains hang down or placing heavy furniture such as sofas in front of your radiators. You should also avoid drying clothes on your radiators. Not only will this reduce the heat output and efficiency, but this will also expel a lot of moisture into the room which can cause mould.

Feel your radiators

The radiator should feel lukewarm or even cold at the bottom connection where the water leaves the radiator. If the water is hot, then this means that you have not used all the heat available. This is inefficient and may mean that your heating bills are higher than they should be.

Comfort with UFH

Underfloor heating (UFH) is relatively slow responding, so to keep the most comfortable temperatures the UFH should be on constantly at low flow temperatures.

Exercise your pump

If you haven't used your car for 6 months would you expect it to start? The same goes for your heating pump. Lime-scale can cause it to stick in periods of non-use, which may require a service visit.

To avoid this; you should "exercise" your pump once a week for 15-20 minutes. You can do this by calling for heat via the room thermostat or ideally you can program it to do this, preferably during the night to avoid discomfort.

