



Energy Saving Tips



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TIP OF THE WEEK

HEATING 2.

Heating – additional tips

- Don't place furniture near the **radiators** and don't cover them with boxes or drapes.
- **Turn down the heating for the evenings, weekends and holidays.** Consider installing a programmable thermostat or thermostatic radiator valves if you don't yet have them.
- Make sure you know how to set the **thermostatic radiator valves** correctly.
- **Spaces** such as corridors, elevator halls, storage spaces etc. **which the employees just pass through can be kept at a lower temperature** than permanently occupied rooms.
- If you like warmer temperatures than your colleagues 1) sit as near as possible to the radiator, 2) you can also put a carpet under your table 3) or an extra (woollen) blanket on your chair, 4) or even have an "office cardigan/ pair of slippers" etc.

**PLEASE PUT A RELEVANT LOCAL
PICTURE TO THE FRONT PAGE**





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Heating – additional tips

In early September, in the 13th Energy Saving Tips [+link if it's available online](#) we already provided some general guidelines on heating. Here comes an extra set of tips on the topic, which provide further ideas for the energy saving efforts. On the next page you can read more about the psychology and biology related to space heating energy use.

So what else can you do?

1. **Neither place furniture near the radiators nor cover them with boxes or drapes** as they might block much of the heat. If you have a forced air heating system in your building then **don't cover the vents or heating registers**.
2. **Turn down the heating for the evenings, weekends and holidays.** – Turning it down by 2-3 °C can save you a considerable amount of energy, while posing little risk of comfort or moisture problems. If you have automatic temperature control in the building, then the so-called **setback or programmable thermostat** is the most convenient and at the same time most efficient way to decrease temperature in the office when it's empty.

You can save as much as 10% a year on your office's heating bills by turning your thermostat down by 10-15% for 8 hours each day.

3. **If you have thermostatic radiator valves, make sure you know how to set them correctly.** They sense the air temperature around them and turn the flow of hot water to the radiator on or off depending on if the air temperature is above or below the set point. So interestingly, they do not work like a tap, there is no proportional control to the flow of hot water. What the 1 to 5 or 6 settings relate to is the air temperature at which the radiator will be turned off. A 1 to 5 thermostatic radiator valve at setting 5 makes the radiator turn off when the adjacent air temperature is roughly 25°C, and at setting 1 it will turn the radiator off at around 15°C.



Thermostatic radiator valves can be retrofitted and are relatively cheap to install. Make sure to leave the space around the valve clear for it to be able to measure temperature properly.

4. **Spaces** such as corridors, elevator halls, storage spaces etc. **which the employees just pass through can be kept at a lower temperature** than permanently occupied rooms. It is recommended that heating is switched off in rooms which are never used. You can also consider turning off the heating in the washrooms. However, for hygienic reasons it is necessary to keep all rooms well ventilated, even those which are unoccupied.





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Top tips for champions

It is more energy efficient to **individually set the temperature in each room**, but even within the same room colleagues might have different temperature needs and levels of comfort... Don't worry, there are many possible solutions to this problem: **If you like warmer temperatures, sit as near to the radiator as possible, you can also put a carpet under your table or an extra (woollen) blanket on your chair, or even have an "office cardigan/ pair of slippers"** etc. These practices of course also come handy if you cannot control the heat in your office at all and you find it too cold.



You can also...

The colour of the walls and the objects in your office also matter! **In a room filled with warm** (such as yellow, orange) **colours we literally feel warmer**. Even if you are not allowed to paint the walls of the office, you can put up some posters with warm colours (such as the s@w poster ☺) or have some pieces of yellow, orange, red furniture, plants or objects around.

Did you know?

Gender bias may affect the heating and cooling in office buildings as temperatures are often based on a decades-old standard that considers the metabolic rate of men. However, women generally have a lower metabolic rate than men because of their body composition so they prefer warmer rooms and need less air conditioning. So while trying to save on heating **make sure that both male and female colleagues are at comfort**.

Further reading and ideas:

Energy Saving Tip "Heating 1." (1 September 2016) [+link if it's available online](#)

Level 4 of the Green Clicks Tool. [add link](#)

Sources:

https://www.cmhc-schl.gc.ca/en/co/grho/grho_002.cfm

<http://www.radfan.com/blogs/questions-answers/10809297-how-hot-should-i-set-my-radiators>



Saving energy. Cutting carbon.
Tips by GreenDependent Institute



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