

## Factsheet on Summer Heat Gain and Winter Heat Loss

In the summer we often feel warm in buildings and in the winter we may feel cold. This may be due to heating from solar gain and heat loss during the winter (see Figure 1)

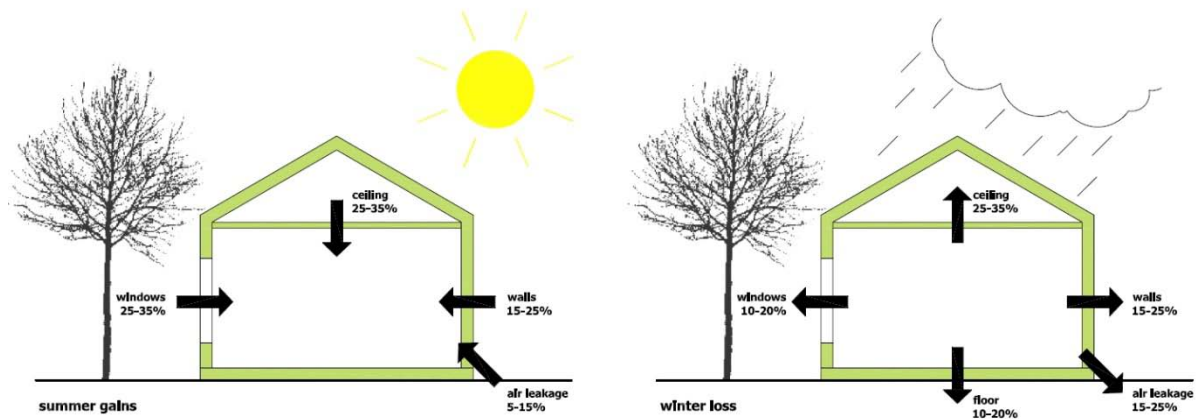


Figure 1. Summer gains and winter loss

There a number of ways in which you can try to ensure that you stay cool or warm. You can:

- Draw blinds to stop solar gain and winter losses
- You can wear clothes that help you to stay warm or cool to make sure that you are comfortable.
- Check room temperatures are not uncomfortably high. If temperatures are over 19°C, turn down the heating using radiator valves.
- Ensure internal doors are kept closed between areas of different temperatures, such as an office and corridor, as this will reduce cold draughts and heat losses.
- Ensure windows and outside doors are closed whilst the heating is on.
- Ensure radiators are not blocked by heat absorbing furniture or files.
- Do not sit in sedentary positions for extensive periods.
- Arrange office furniture so that you can reach the radiator valve to turn on/off and up/down as you require.
- Avoid draping clothing or other articles over radiators as they absorb the heat being given off.
- Try to sit where you can feel the radiant heat from the radiator or sunshine.
- If your room is feeling stuffy; renew the air by fully opening a large window for 10 minutes and promptly close it.
- Ensure that cooling is not on at the same time as heating.
- Check that doors and windows are kept closed to prevent the loss of conditioned air.
- Switch off unnecessary equipment and lighting whenever possible to reduce unwanted heat gains.

This will help you to save cool and warm and enable us to save energy and reduce our carbon footprint.