

The wall thermostat

This switches the heating off when the set temperature is reached. You can alter this to suit your household.

Turning up the thermostat will not make the house heat up faster. It just means the heating will switch off at a higher temperature (wasting both energy and money!!)

When sitting still, most people are comfortable at around 20 or 21°C. If you are happy with it slightly lower then good for you! It will save you money.



Why it is important to read your electricity meter regularly

It would be advisable to take weekly readings from your electricity meter to monitor your consumption. This will allow you to budget for your bills.

Do not over heat your rooms especially any that are rarely occupied.

If you are unsure of which type of meter you have or how to take a reading then call us on the freephone number below and we will be happy to arrange a home visit.



Economy 10 or 7 meter



Standard meters



Token Meter

For more information and advice call the Energy Saving Trust Advice Centre on 0800 512 012

Central heating tips

- Try to avoid putting furniture in front of a radiator, as this will block out the heat.
- Where radiators are fitted to the outside walls, kitchen foil fixed behind them will help reflect heat back into the room rather than out through the wall. The shiny side should be facing in to the room. You can also get ready made shiny panels to fit behind the radiators.
- Curtains should not hang down over the radiators, as this tends to encourage the heat to be lost through the window.

Greening South West Workplaces

The South West Trades Union Congress, supported by the South West Regional Development Agency, is running a project using the reach of trade unions to change the way people work.

- Trade union members can champion environmental issues in the workplace
- The project is training and supporting a network of green reps across the South West
- The project is helping to find practical solutions that reps can bring to the workplace
- Green reps can be the link between staff and management to encourage change through the workforce
- Unions can reach out to new members who feel strongly about the impact on the environment
- Unions can work with employers to improve business performance and reputation

Greening the workplace makes good sense for everyone.

To get involved in greening your workplace speak to your union environmental or green representative – or contact your union or the TUC to find out more about becoming a rep yourself.

For further information contact the South West TUC.

Tel: 0117 947 0521

Email: southwest@tuc.org.uk

www.greenworkplacessouthwest.org.uk



For free, independent and local energy saving advice call the Energy Saving Trust.

Tel: 0800 512 012

Special thanks to Severn Wye Energy Agency for the use of their information in the production of this leaflet.

www.swea.co.uk

All TUC publications may be made available for dyslexic or visually impaired readers, on request, in an agreed electronic format or in accessible formats such as Braille, audio tape and large print, at no extra cost. Contact the South West TUC on 0117 947 0521.



Gas & Electric central heating systems



TUC energy
awareness



Your central heating system

Central Heating is designed to keep all or most of the house warm from a single central source of heat, such as a gas boiler or electric flow boiler. Your heating controls are important to help you manage the central heating and hot water supply as efficiently as possible. Heating controls are about getting the right temperatures at the right time!



How does central heating work?

Most gas and electric central heating systems have one of the following parts:

• A **boiler or element** to heat the water system.

Also, both systems have the following parts:

• **Pipes** to take the hot water to:

- **The radiators**
- The **hot water storage cylinder**, to store the water that will eventually come out of the hot water taps.

• A **pump** to help the water to get round the whole system.

Gas Combination boilers

If you have a combination boiler (sometimes called a 'Combi'), water will be heated as it passes through the boiler whenever you turn on a hot water tap. This means that you will not have a hot water cylinder or a timer to set for heating your water.



Gas Boiler and cylinder thermostats

Boiler thermostat

This is mainly for safety, to make sure that the hot water coming out of the boiler is not too hot. Not all thermostats are visible when the boiler cover is closed. In winter it is advisable to have the boiler thermostat set between medium and maximum. Adjust down to a safe level if the radiators get too hot.

Cylinder thermostat

This controls the temperature of the hot water coming out of the hot water storage cylinder. When the water in the cylinder has reached the set temperature, the thermostat will switch off the supply of hot water from the boiler, and will not switch it back on again until the temperature drops.

The cylinder thermostat should ideally be set to 60 °C (140 °F). This protects against scalding as well as saving energy.



Electric Flow Boiler Information

The Electric Flow Boiler normally has an energy rating of 8kw, 9kw or 11kw. This means that it can use between 8, 9 or 11 units of electricity per hour especially when first heating the system up. For this reason it would be recommended that you transfer onto the Economy 10 tariff if possible. This would allow for 5 hours of cheaper electricity over night with a further 3 hours in the afternoon and 2 hours in the evening. (Please note that the times for the Off Peak Economy 10 rate are pre set by the Electricity Supplier and cannot be altered).

The Flow Boiler has no flues and requires very little maintenance. It is often used as an alternative when a natural gas supply is unavailable. It will operate a normal wet radiator system.

Please note that some Flow Boilers will heat the hot water tank up if required but generally it will be cheaper to turn the immersion heater on for two hours to do this. Please make sure you do not leave the immersion heater switched on all the time.



The Programmer or 'Timer'

This sets the times for the heating and the hot water to switch on and off. Most programmers have the following features:

1) A mechanical or digital clock...

You must set:

- the correct time
- the times at which you want the heating and hot water to come on and go off



You will normally be able to set two or three times per 24 hours for the heating and hot water to come on and go off.

2) Some or all of the following programme settings...

Setting	What it means
'OFF'	OFF permanently, ignoring programmed times.
'ON' or 'Continuous' or 'Constant'	ON permanently, ignoring programmed times
'TWICE' or 'Timed' or 'Auto' or 'All'	Two heating periods at the times you have set on the clock. Some programmers allow more than two periods in which case this might be called 'all'.
ONCE or 'ALL DAY'	One heating period, from the first 'ON' setting to the last 'OFF' setting in the day, as set on the clock. Note that this is a longer heating time than 'twice'.

Your heating controls are important to help you manage the central heating and hot water supply as efficiently as possible.

3 'Boost' or 'Override' or 'Advance' functions...

This is a useful function that allows you to turn the heating on or off temporarily. It is useful when you have a change in your usual routine. The system will revert to the existing programme setting afterwards, which avoids the risk of you forgetting to do so yourself!



Thermostatic Radiator Valves (TRVs for short)

These are found on individual radiators (in place of the ordinary manual valves) allowing you to adjust the temperature in the room.

A TRV will control the hot water that goes into the radiator. It measures the temperature of the air in the room, and when the set temperature is reached, it will stop any more hot water from flowing into the radiator.

TRVs allow you to set some rooms to be warmer than others—for example, many people have the living room and bathroom warmer than their hallways and bedrooms.

To set the right temperature for each room, set the TRVs to the middle setting and then gradually alter the setting until the room is warm enough. It is worth spending a few days finding a comfortable temperature for each room.

You can set each TRV by turning the white outer shell round. The settings are marked on the outer shell, and indicated by a marker on the inner ring.



IMPORTANT ENERGY FACT

When the weather changes, it is the programmer (timer) rather than the thermostat you should adjust.