



HEATING & HOTWATER INDUSTRY COUNCIL

NEWS RELEASE

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Winter of discontent as Britain faces freezing conditions so look after your home's heating health

Many people will struggle as the freezing conditions take hold and it is vital that we keep our home in good heating working order. We all know that a lot of heat is lost from your head and this is why it is important to wear a hat outside and sometimes inside during the winter months. Well this concept is very similar in keeping your house in good heating health during the colder period. The heat must be kept inside. The Heating and Hotwater Industry Council has come up with five top cost-saving tips to keep your home in good energy efficiency order:

- 1. Only heat the rooms you use the most.** You don't have to use the central heating to heat the entire house. Use the thermostat valves on the radiators and keep them low or turned off in rooms that you don't use such as the guest room, spare bedrooms or study. Keep the main rooms you use toasty.
- 2. Insulate your home.** By not having your home insulated a quarter of your heat is lost through the roof. Insulating your loft is a simple and effective way to reduce your heating bills and you can even do

it yourself. It should be at least eleven inches thick and you could save up to £150 a year. There are grants and offers available to help pay for loft insulation and you can find more information about this on our website at www.centralheating.co.uk. To check if your house is inadequately insulated then try the snow test. Compare your rooftop with that of a neighbour. If your house has no or little snow on the roof then it is poorly insulated because heat is being lost through the roof causing the snow to melt.

- 3. Stop the draft.** Light a match and the rising hot air will draw nearby cooler air into the match flame indicating a draft. When you heat your home the rising hot air will pull cold air from outside into the house. It is important to cut down on spaces where cold air could enter your house like underneath the door to the outside and keyholes. Keep the interior doors closed as this closes off natural air passageways so they can't act as chimneys allowing warm air to escape up through the house. To test whether your draft excluders on doors are worn, light a piece of incense and run it along the inside of the door frame. If the smoke blows inward you have a leak.
- 4. Draw your curtains.** At night and especially during the winter or when it is cold, drawing your curtains can help retain a considerable amount of heat. Properly fitted curtains can act as great insulation for your windows and reduce heat loss through the glass - particularly large windows and glass doors. If your curtains are not keeping in the heat in the winter, it is even worth considering investing in a new thicker, heavier set as you are sure to save money on your heating costs in the long run.
- 5. Radiator Reflectors.** For older houses with not much insulation on the outside walls, a good trick to keep the heat from your radiators inside the house is to place heat reflectors behind them. You can buy radiator foil which costs about £6.98 for 2.5 sq metres or simply use ordinary kitchen foil with the shiny side facing towards the back of the radiator.

Roger Webb, HHIC director said: “Many vulnerable people will suffer as the perishing weather sets in. The low income, infirm and elderly are most at risk and it is important that they access the benefits available. There are cheaper ways to keep warm in the home as shown in the tips above. Although it is not ideal to have just one warm room in the house especially for the elderly it can be a way of keeping costs down. Our new website will help consumers find out the best ways to keep warm this winter.”

To find out more about heating advice then why not go to our newly launched HHIC website at www.centralheating.co.uk. This website will enable people to find out realistic information regarding heating systems.

Isaac Occhipinti membership manager said: “This easy to navigate and visually stimulating website presents impartial advice to the consumer by providing real information to realistic problems. It does this by providing a heating advice section library which uses questions from previous customers and answered by our technical experts. This means if a customer is experiencing a similar problem then they can find help and a solution promptly.”

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For further information contact Jodie Wiltshire on 01926 334901 or email jodie@hhic.org.uk

Notes for Editors:

The Heating & Hotwater Industry Council is a member organisation committed to effectively supporting and promoting the sustained growth of the UK domestic heating and hot water industry. HHIC represents the industry at all levels, networks across the industry, Government and beyond, facilitates a range of market development activities and research. It also provides technical expertise.