

Winter Air Conditioning Heating Settings

We write in respect of setting your air conditioning system for heating in the winter months. Incorrect settings will affect the performance and running of your air conditioning system in heating mode.

The most frequent mistake made is setting the temperature too high. Experts agree that a comfortable room temperature is between 20 - 22 degrees.

Most people think that by setting the temperature higher than this, the room will get warmer quicker. This is not the case as the systems will not work any harder or faster and in fact can create problems as well as increasing your energy consumption to reach the higher room temperature.

We therefore recommend that during the day the air conditioning unit is set between 20 - 22 degrees.

Another common misconception is that you turn your system off overnight or over the weekend when your premises are empty.

This may be false economy as the fabric of the rooms and the core structure (bricks etc) will lose heat gained during the day and have to work harder the following morning / Monday morning to restore your rooms and building to a more comfortable temperature.

So, it can actually be more energy efficient to leave your unit on at a slightly lower temperature out of hours, than turning it off completely.

We recommend leaving your system operational at a temperature range of 16 - 18 degrees out of hours to maintain a warmer temperature in your rooms, thus giving the system less work to do and therefore less energy required, when the temperature is turned up during normal working hours.

Try to regulate the temperature in your offices using your air conditioning throughout Winter, as switching it on and off regularly will make your system work harder and increase your energy consumption.

Please see below the settings and running pattern we recommend for your systems in winter conditions.

Daytime Working Hours

Mode:	Heat

Temperature:	20-22°C

Fan Speed:	High

Night / Out of Hours

Mode:	Heat

Temperature:	16-18°C

Fan Speed:	High

Setting your system to 25°C+ may cause it to freeze!