

Air source heat pump

CHANGEWORKS.

Heat pumps are a renewable energy source that can replace the heating and hot water systems in homes. An air source heat pump takes warmth from the air outdoors, boosts it, then lets us use that heat indoors. Even if the outdoor temperature drops below freezing, the heat pump can still comfortably heat your home.

Most air source heat pumps in Scotland are air-to-water types. This means the hot air from the heat pump heats up water. This warm water runs through the pipes in your radiators, warming them up. It can also heat a hot water tank to provide hot water for your kitchen and bathroom.

Air source heat pumps need some electricity to make them work. You can keep the cost of this electricity down by:

- Using your heating efficiently
- Making sure you're on the right electricity tariff

Hot water tank

Unlike some other central heating systems, an air source heat pump cannot produce hot water 'on demand'.

As a result, your hot water will be stored in a hot water tank. This is usually found in a cupboard. The hot water will be between 40 and 55°C. Once a week, your heat pump will heat the tank to 60°C. This makes sure there are no health risks to you from the water.



How do I use my heating?

As with most central heating, you use a programmer. Your programmer lets you:

- Tell the heating when to come on
- Tell the heating how hot (in °C) you want your home to be

For more information on air source heat pumps, go to www.changeworks.org.uk

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With most other kinds of heating, it's good to only run it for a short space of time. With an air source heat pump, the opposite is true. Your heat pump doesn't work well when it's being switched on and off a lot. It works best (and costs less to run) if you give it plenty of time to reach the temperature you want.



When timing your heating:

- Decide what your comfortable temperature is. Most people set an indoor temperature of 18-21°C
- Decide when you want your home to be that warm. For example, you might want it to be that warm as soon as you get up
- Whatever time you decide, take away 3 hours. This is the time you'll set the programmer for.

For example:

- If your comfortable overnight temperature is 15°C
- And you go to bed at 23:00
- You'd set your heating to 15°C at 20:00

