UNIVERSITY OF LONDON | INTERCOLLEGIATE HALLS

Heating and Cooling Policy

UNIVERSITY OF LONDON

Intercollegiate Halls of Residence

The reason for the policy

The government has set a 2050 deadline to bring all UK greenhouse gas emissions to net zero. This ambitious target will require a collaborative effort from all sectors, including the low emitters such as education. Over 50% of higher education institutions have now announced zero carbon targets, with their targets ranging from 2025 to 2050. The University of London aims to achieve net zero operational carbon by 2036. If you would like to get involved with achieving this target, contact the university's sustainability team to find out how you can help sustainability@london.ac.uk

In pursuit of this target, a number of projects across the estate are making progress towards reducing the energy consumption in university buildings. As part of this work a Heating & Cooling Policy was established in 2011 to ensure that the building spaces are at a comfortable working temperature and that excess energy is not being wasted through overheating or over cooling.

Temperature control is one of the most cost-effective ways of reducing energy and this document sets out how is approached in University buildings.

The aim is to achieve consistency in temperature across the estate during normal operating hours and will set temperature parameters within which requests for changes to temperature will not be met. There are some areas where the degree of control is not possible at present but improvements to controls are being addressed in those locations.

To help the University achieve its carbon saving target, all students are requested to report over-heating to your halls manager.

Heating Season

The heating season is dependent on the outside air temperature but will largely follow the pattern of being turned on during October and switched off in March/April. As a guide, if the daily maximum temperature falls below 16°C for three consecutive days the heating will be switched on, likewise if the temperature is above 16°C for three consecutive days it will be switched off.

If there are unusually cold or warm periods the University will switch the heating accordingly.

Heating Times

Residential buildings will be heated from 6:00am to 10am and 3:30pm to 11pm seven days a week.

Supplementary Heaters

Electrical heating results in at least twice the CO2 emissions of a controlled gas heating system. In addition, the un-controlled use of portable electrical heaters can result in the conventional heating within the building shutting down as sensors get false readings. These heaters also introduce additional health & safety considerations.

The use of portable electrical heating must be avoided unless under the direct issue by Residential Services. Where portable heaters has been supplied by Residential Services, they must be used in line with the provided guidance.

Maximum heating temperatures

No area shall be actively heated to a temperature higher than 22°C (± 2°C to allow for control variances).

Circulation spaces shall not be actively heated above 18°C. (World Health Organisation)

Minimum cooling temperatures

Cooling is not provided in residential buildings.

Keep warm in winter

We understand that everyone's tolerance for the cold is different but here are some quick and easy tips to make sure that you are not uncomfortable in the colder months.

- Wear appropriate clothing; if possible, put on extra layers to help insulate your body, this is one of the most effective but easy to forget hacks for keeping warm.
- Don't forget your head and feet. A hat and a comfy pair of warm slippers can be an inexpensive way of feeling cosy in your room.
- Staying stationary for long periods can cause you to feel a bit chilly. Try getting up and moving around for a short period. A short walk, some light exercise or stretches will help warm you up.
- Consider investing in a thicker duvet for the cold months of the year.
- Don't block your radiators with furniture, clothing, towels etc. let the heat fill your room.
- Keep doors and windows closed, this will keep the heat in and reduce cold draughts.
- If you notice any poorly fitting windows or doors or if they don't close fully they'll be leaking heat, so report them to your Halls Management Team at reception for repair.
- If you spot any doors or windows which need draught proofing, report them to your Halls Management Team at reception so they can look into the issue.

Keeping cool in summer

Similarly in the summer you may get a little hot, try these tips to keep cool when it is hot outside.

- Use opening windows and doors to try create a through-flow of fresh air.
- Adjust blinds to keep out direct sunlight.
- If you have high and low level windows, grilles or vents in your space, try to ensure these are open to help provide an updraft cooling effect.
- The need for cooling can be reduced by switching off electrical equipment and lighting when not needed.

Reporting issues

If you believe your room or an area of your hall is hotter or colder than outlined in this policy and you have tried the above measures, please contact your Halls Management Team at reception who are here to assist.

Please note, the Health & Safety Executive recommend a minimum temperature for sedentary staff at 16°C. For non-sedentary staff it is 13°C. There is no legal maximum temperature for working (Health and Safety England).