Air Conditioning and Heating

In a typical building at UQ, heating, ventilation and air conditioning (HVAC) accounts for 40–60% of electricity use. You can help minimise a building’s energy consumption by using heating and cooling devices efficiently.

**Why this is important**
- Energy use is increasing globally along with the amount of time spent indoors.
- There is an increasing need to conserve precious energy resources to ensure that all energy needs are met.
- Maximising energy efficiency in buildings helps reduce contributions to global greenhouse gas emissions.

**WHAT YOU CAN DO**
- Wear weather appropriate clothing. Wearing lighter clothing in summer or adding an extra layer in winter may be all that is needed.
- Many office spaces have automated temperature control. When using air conditioning, keep windows and doors closed.
  When warm air from outside is let in, the air conditioning has to work harder to cool. The same applies to cool air from outside coming in when heating is on.
- For offices with manually controlled air conditioning
  - consider opening windows and doors for natural ventilation if possible
  - use ceiling or pedestal fans if available before turning on air conditioning
  - only turn on air conditioning when it is really needed and when the space is occupied
  - set air conditioning to 24 degrees in summer. Setting the air conditioning to a lower temperature does not mean that the temperature will cool faster. For winter set the heating to 21 degrees.
- At Home...
  - To cool down in summer, open windows and doors to let in a breeze before using a fan or air conditioning.
  - Keep windows shaded to keep the heat out.
  - Consider using fans before turning on air conditioning. Then only turn on air conditioning when needed and when a building is occupied.
  - To keep warm in winter, use blankets and a hot water bottle prior to turning on heating.