

TRANSCRIPT VIDEO

ECO-FRIENDLY HEATING HABITS

A quiz to make your winters more comfortable and more responsible.

#1 --- On average, heating accounts for 1/3 of a household's energy use. TRUE OR FALSE?

FALSE. It accounts for 2/3. Much more than all electric appliances combined.

#2 --- What's the recommended temperature for living rooms? A. 19°C / B. 21°C / C. 23°C

CORRECT ANSWER: A - Experts recommend adapting the temperature to each room. Examples: 16°C for bedrooms / 17-22°C for bathrooms / 14°C for attics

#3 --- If you feel cold at home, you should: A. Turn up your heating system's thermostat. / B. Switch on a back-up heater. / C. Put on a sweater.

CORRECT ANSWER: C - Rather than trying to increase the temperature, put on an extra layer of clothing. It's effective and much more energy-efficient.

#4 --- To avoid wasting heat, you should stop airing out your home in winter. TRUE OR FALSE?

CORRECT ANSWER: FALSE - Airing out each room 10 minutes a day is important for indoor air quality. But remember to turn off the heating while you do it!

#5 --- You can save on heating by keeping curtains and shutters closed. TRUE OR FALSE?

TRUE - At night. Closing curtains and shutters at night reduces heat loss.

FALSE - During the day. Letting in the light on sunny days helps warm up your home.

#6 --- A back-up heater uses more energy than a conventional radiator. TRUE OR FALSE?

TRUE – Back-up heaters should only be used as a supplement to conventional heating systems because they use more energy.

Summary:

Heating accounts for 2/3 of a household's energy use.

Adapt the temperature to each room to avoid overheating and excessive energy use.

Rather than trying to increase the temperature, put on warmer clothes.

Air out your home even in winter but remember to turn off the heating.

Open curtains and shutters during the day to let in the sun's warmth and close them at night to reduce heat loss.

Only use back-up heaters as a supplement because they use more energy than conventional radiators.