

Tips for heating with electricity

In homes with electric heating, it is possible to achieve significant savings through changes in the way it is used. Thus, it's a good idea to follow our tips for electric heating.

Where the energy is used –focus on the essentials

Heating takes up half of the electricity consumption; hot water takes 20 % and household electricity 30 %.

Ventilation causes up to a third of the heat loss.

Up to 40% of the annual energy consumption is generated during the winter months.

In the heating season, focus on the heating and ventilation settings.



■ Heating 50 % ■ Household electricity 30 % ■ Warm water 20 %

Temperature settings

A one-degree reduction in room temperature means a 5% saving on heating costs.

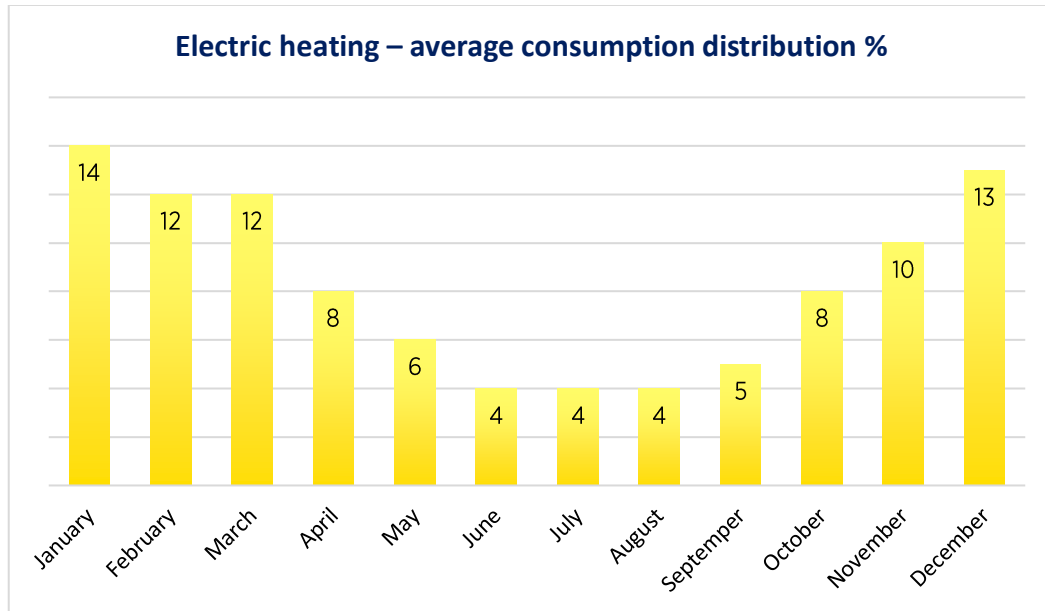
Good control properties of the heating system (electronic thermostats) increase the efficiency of electricity consumption and enhance living comfort.

Make sure there is free air circulation near the heaters.

Guideline temperatures

- ✓ Living areas 21—22 degrees and bedrooms a couple of degrees lower
- ✓ Bathroom 23-25 degrees
- ✓ Stores and garages 10-15 degrees

The electricity consumption of an electric heating system varies a great deal between the winter and summer months



Take action as needed

- When switching to summer and winter heating, it's a good idea to follow weather reports rather than just the calendar.
- At the beginning of the heating season, make sure that the heating thermostats are actually working. Defective thermostats can easily raise the room temperature unnecessarily.
- Consider whether it is necessary to turn on all the heaters immediately or whether some of the heaters could be switched on later. Do the opposite at the end of the heating season.
- In spring and autumn, switch off direct underfloor heating in rooms where it may not be needed, such as the entrance lobby and utility room.
- Adjust the underfloor heating in lavatories and bathrooms to a minimum. The drying of laundry in the bathroom in midsummer is one indicator of how low the underfloor heating can be set. Be sure to check that the floor and walls dry off fully.
- Keep the doors of bathrooms and lavatories closed, as these rooms are kept at a higher temperature
- Keep both doors of the entrance lobby closed and set its temperature well below room temperature.
- Check the condition of the exterior door and window seals regularly and replace them if necessary.

Reduce temperatures while you are away

- Temperatures should be lowered when the house is empty, during holidays or during the day; throughout the house, by room, by heating group or by heat distribution mode.
- It pays to switch off the heating of unused spaces or lower the temperature permanently. If necessary, the heat can be temporarily raised back to normal.

Monitoring electricity consumption is worthwhile

- Remotely readable electricity meters allow the monitoring of electricity consumption hour by hour.
- In our online service you can closely monitor your electricity consumption and ascertain that the adjustments you have made are effective.
- Log into the service at: <https://www.helen.fi/en/log-in>

Get the Oma Helen application

- Download the Oma Helen mobile app from your phone's app store.
- In Oma Helen, you can monitor your energy consumption from hourly to annual level. When you know your energy usage better, you can optimize your consumption and save money.
- With Oma Helen, you get an overview of your energy consumption, stay up to date on your bills, contract and other energy issues, and can contact our customer service easily.

