

Resident's guide to heating and ventilation

Helsinki

Heka

This guide explains how the heating and ventilation systems work in an apartment building, and how you can affect the temperature and indoor conditions of your home through your own actions.



How does the heating of an apartment building work?

Most Heka apartment buildings use a hot water heating system. Heat is supplied to the building by district heating. The heated water flows through pipes to the radiators in each flat, and these radiators then release warmth into the rooms.

Heating is automatically controlled according to the outdoor temperature and, in some properties, the indoor temperature. In colder weather, hotter water flows into the radiators, bringing more heat into the home. The building services and automation system regulate the temperature of the water going to the radiators.

The heating of apartments usually starts around the turn of August and September.



Heating tips for every home

Do not cover radiators or thermostats

Curtains, furniture or other obstacles can prevent the heat spreading into the room.



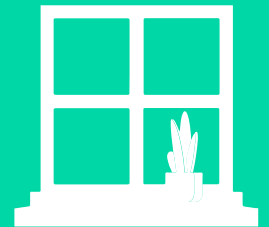
Turn the radiator thermostat from the closed position to the open position

Do this at least a couple of times a year to ensure that the thermostat and valve loosen up and do not get stuck.



Do not keep windows open or slightly open for long periods

If you need to air out your home, do it efficiently by keeping all the ventilation windows open at the same time for a brief period.



You can also close the radiator valves when airing out your home.

Submit a defect notification if you feel a draught coming from your windows

If the draught appears constant and bothers you, submit a defect notification.

A maintenance technician will check the seals and take the necessary measures.



What is the right temperature for your home?

A healthy room temperature is around 18–22 °C. The target temperature in Heka apartments is 21 °C. The temperature can vary depending on the weather and the location of the apartment. For example, on the upper floors, the temperature tends to vary more.

In autumn, humidity makes the air feel colder and you need some time to adjust to cooler indoor air. It is normal to have to wear woollen socks indoors during the heating season.

The Housing Health Decree sets the following temperature limits for the room temperature of apartments:

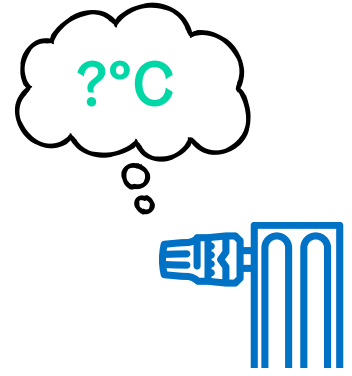
During the heating season	
Lower limit for indoor air	18 °C
Upper limit for indoor air	26 °C
Outside the heating season	
Lower limit for indoor air	18 °C
Upper limit for indoor air	32 °C

Measure the temperature yourself

It is helpful to have your own thermometer. Measure the temperature in the middle of the room, in the living space, at a height of about 1.1–1.5 metres. It is natural for the temperature to be lower next to a window or an external wall than in the living space.

How does a radiator work?

The thermostat of a radiator senses the room temperature and regulates the amount of water going into the radiator.



When the indoor temperature is low, the thermostat opens a valve that lets hot water into the radiator, thus heating the apartment to the desired temperature.



In order for the heating system to work correctly, it is important that the radiator valves are working properly.



For example, if you want your bedroom to be cooler, you can use the thermostat to turn the temperature down.

In autumn in the beginning of the heating season, a radiator may heat the room even if it does not feel warm to the touch.



For example, when the outdoor temperature is 10 °C, the radiators circulate water heated to around 30–35 °C. In such a situation, the radiator will not feel warm to your 37-degree hand. However, it will heat the air in the room.

Suspect a radiator issue?

When the radiator is working properly:

- The radiator is warmer at the top than at the bottom.
- The radiator is the warmest immediately after the thermostat.
- The radiator does not emit any hisses or gurgles.
- A cool radiator does not always mean a defect. You should always check the room temperature first.

If you suspect a defect in the radiator, report it by submitting a defect notification.

- If you hear a hissing or gurgling sound coming from the radiator, there is probably air in there. Submit a defect notification. Do not attempt to radiator bleeding yourself.



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Ventilation

The purpose of ventilation is to provide clean air for breathing and remove impurities generated in the building. Living in an apartment inevitably generates impurities and moisture, from the sources of which cannot be removed. Therefore, adequate ventilation is needed. For example, the ventilation system helps keep the concentrations of carbon dioxide and water vapour in the air at a level that is healthy for people and the building. Cleaning your apartment also helps to keep the air clean.

The most common system in Heka buildings is mechanical exhaust ventilation, in which “contaminated” air is removed through an exhaust vent in the kitchen, bathroom and toilet.



Exhaust air vent in the ceiling

Intake air enters the rooms either through vents in the wall or window, or through openings in the window seals. Some buildings have mechanical supply and exhaust ventilation, in which case the apartments also have intake air vents.



Intake air vent in a wall

Good ventilation keeps the indoor air clean

Ventilation is an important way to keep the indoor air of apartments clean and healthy. The exhaust air contains and thus removes impurities, odours and moisture.

It is therefore very important not to block the air vents or change their settings.

Ventilation tips for every home

- Keep the air vents clean. You can wipe them with a damp cloth, for example. However, do not change the vent settings.
- Clean your apartment regularly, as this also affects the indoor air quality.
- If you suspect a defect in the ventilation system, report it by submitting a defect notification.
- If you have a kitchen hood in your kitchen, wash the hood filter regularly.

