Save Energy: Ventilation and Cooling

Many Caribbean buildings are built in a way to allow good natural ventilation, because they were built at a time when no air condition units were available!

Be aware: The AC – Unit is NOT cooling faster with a lower “Set Temperature!!”

1. Once the AC is switched on, the room will cool down at the same rate with different ‘Set Temperatures’!
2. Once the ‘Set Temperature’ is reached, the unit stops cooling and will restart only when the temperature has increased by a certain amount.
3. Using a very low ‘Set Temperature’ means that the cooling will probably never turn off due to poorly sealed rooms.

In case you decide to use your AC please…..please!!
- Shut all windows! – Shut all doors
- Use a proper set temperature! (25°C = 77°F)
- Switch off the AC when leaving the room (for lunch, meeting…)
- Switch off the AC half an hour before end of work!

Think about / discuss with colleagues:
“How can we get Cross-Ventilation?”
“Can we agree on certain times when we shut off the AC’s and cross- ventilate our office?”
– ALWAYS!!

Open windows and doors for natural ventilation at least half an hour per day for health reasons!!
Ensure that AC- Units are off!

For more information:
http://www.hse.gov.uk/temperature/thermal/index.htm
https://www.energystar.gov/