



UNIVERSITY of
WORCESTER

A GUIDE TO HEATING & COMFORT

- The University's Heating & Comfort Policy aims to maintain internal temperatures of 19°C in all residential buildings.
- This is in place during the colder months, between 1st October to 30th April.
- The heating is programmed to be active from 8am to 11pm, seven days a week.



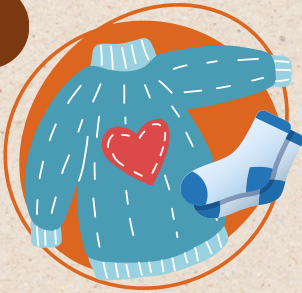
facilities.helpdesk@worc.ac.uk

01905 543344



5 STEPS TO IMPROVE YOUR COMFORT

1



Wear warm layers
of clothing.

2



Don't obstruct
radiators.

3



Only open
windows when
necessary.

4



Take regular
movement
breaks.

5



Report heating
issues or
concerns.

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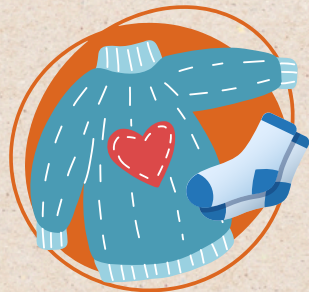


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WEAR WARM LAYERS OF CLOTHING

1

- Dressing appropriately for the weather is important all year round.
- During the colder months, wearing extra layers of clothing can be a useful step in keeping warm.
- Each additional layer of clothing can improve comfort by 2-3°C!



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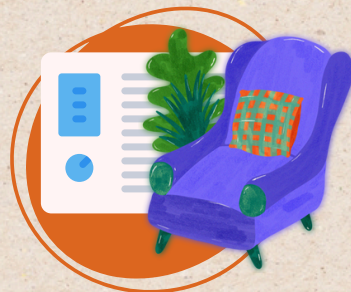
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DON'T OBSTRUCT RADIATORS

2

- Ensure radiators are not blocked by furniture or other obstructions.
- Placing objects in front of radiators can block the heat from reaching other parts of your room.
- It's a good idea to check that the thermostatic valve on your radiator is turned to the correct setting (usually, **1** is the lowest temperature and **5** is highest).

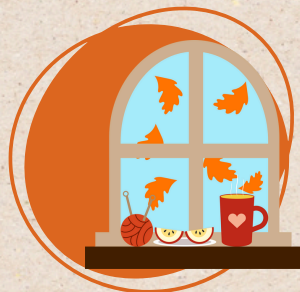




ONLY OPEN WINDOWS WHEN NECESSARY

3

- Only open the windows when you need to, such as for short periods when your room needs ventilating.
- If your room is too hot, this may be a maintenance issue that needs investigating – please see Step 5 for more information.





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TAKE REGULAR MOVEMENT BREAKS

4

- Take regular movement breaks throughout the day.
- Try not to sit in a sedentary position for too long – moving every so often will increase blood flow to extremities which will help to keep you warm.



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REPORT HEATING ISSUES OR CONCERNS

5

- If you are concerned that your living space is not maintaining the required temperatures, please log this via the Facilities Helpdesk.
- You can access this via your MyDay page.
- If you're having trouble with the application, please call the Facilities Helpdesk phonenumber on 01905 543344.



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