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MVHR SYSTEM FROM ADM HELPS CREATE HOUSE WITH NO RUNNING COSTS

A heat recovery with mechanical ventilation (MVHR) system from ADM has helped a self-builder in Kirkcudbright, Scotland, create the ultimate energy efficient home.



With heat generated by a ground source heat pump, which in turn is powered by solar panels, adding a heat recovery system was the obvious next step in creating a house with virtually no running costs.

The MVHR system from ADM is now recovering over 90 per cent of the heat from the outgoing stale air, before feeding it back into the house as warm, fresh, filtered air. The heat energy is recovered from the heating system, kitchen and bathroom areas as well as electrical appliances.

Powering the MVHR system, along with the heat pump using solar power creates what is in effect a carbon neutral heating and ventilation system within the property.

“We are delighted with the results of fitting the MVHR system as it helped deliver our vision of an ultimate energy efficient property,” said Ross Wilson, the owner of the property. “I would highly recommend an MVHR system from ADM and the service we received from the company was excellent – they carried out all the calculations necessary to ensure we chose the most suitable system for our new home.”

An MVHR system from ADM was also specified for this property because it helped achieve the Scottish Building Regulation requirements with regards to ventilation.

As Mr Wilson explains: "Providing adequate ventilation would have required some form of mechanical extract device in most rooms, which can be unsightly. We therefore felt it would be far more effective and more efficient to install an MVHR system and we are extremely pleased with the discreet ceiling ducts supplied with the ADM system."

Since fitting the MVHR system Mr Wilson has also noticed that it has addressed the issue of condensation, which was an ongoing problem in his previous house. The MVHR system does this because it reduces relative humidity inside the house to below 60 per cent, minimising the amount of airbourne moisture that forms as condensation when it meets a colder surface such as a window.

The MVHR system in Mr Wilson's home provides a continuous low level of background ventilation, which has been designed to change all the air in the property approximately once every one and a half hours. This constant circulation of air avoids any cold or warm spots developing inside the house, which can result in uncomfortable draughts as cold and warm air has a tendency to move around.

Filters on the MVHR system remove dust and other airbourne particles from the incoming air such as pollen and suspended carbon pollution from car exhausts. This creates a much better indoor air quality and is particularly beneficial to hay fever sufferers as it means the windows can be kept shut, whilst still benefiting from high levels of ventilation.

For more information on MVHR systems from ADM, or to request a copy of the new brochure, telephone: 01756 701051. Alternatively visit the website at: www.admsystems.co.uk

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Press enquiries: Dragonfly Public Relations, Tel: 01709 300130 or email: john@dragonflypr.co.uk.