

November - Heating

Low Tech - Step-By-Step Activity



**Calendar for
Climate
Change**

Quid-Pro-Guo - Inter-generational
Education to Ease Global Warmi



Step-by-Step Guide

Climate Change Topic	Heating		
High-tech or Low-tech?	Low-Tech		
Duration of Activity (in minutes)	2 hours	Learning Outcome	<ul style="list-style-type: none"> ● Basic knowledge of how to improve heat retention in the home. ● Research low-tech alternatives. ● Practice different techniques to reduce energy costs associated with heating
Materials Required for Activity	<ul style="list-style-type: none"> ● Caulk ● Draught excluder tape ● Polythene ● Hairdryer ● Measuring tape ● Stanley knife 		
Step-by-step instructions	<p>One of the main ways that heat escapes through our homes in winter is through our windows. While modern houses in Ireland are built with double-glazed windows, not every house has them, and even houses with them equipped can still lose heat through inadequately fitted glazing. In this activity, you will work to insulate your windows to trap heat in the home and cut back on wasted energy costs.</p> <p>Doors</p> <p>Reducing heat loss from your doors can be as simple as ensuring that the doors between heated and unheated rooms are kept closed. However, sometimes our doors have gaps that let draughts in and reduce the heat in a room. Fixing this can be done with a draught excluder.</p> <ol style="list-style-type: none"> 1. Step 1: Purchase a draught excluder tape from your local hardware store. 2. Step 2: Clean your door frames with a damp cloth to remove any dirt or loose paint. 3. Step 3: Fit the self-adhesive draught excluder tape all the way 		



around the edge of the door frame rebate.

Now your door is properly insulated and will retain heat!

See a great tutorial on draught-proofing doors here:

<https://www.youtube.com/watch?v=jLc2XPGkyUA>

Windows

While most modern homes in Ireland has double glazed windows, this is not always sufficient to retain heat in our homes. Draughts can still be let in. Below you are going to learn how you can insulate windows in your home.

1. **Step 1:** Measure the panes of glass in your windows. If you have a double window, measure each pane separately.
2. **Step 2:** Cut the appropriate size of polythene to fix the glass panes of your window. *Make sure to cut the film approximately an inch longer and wider than each window's actual size.*
3. **Step 3:** Clean your windows thoroughly making sure that there is no dirt that will get trapped below your insulation.
4. **Step 4:** Apply a layer of double-sided tape to the frame of your window and leave for 10-15 minutes for the tape to become tacky.
5. **Step 5:** Place the polythene sheet to the tape.
6. **Step 6:** Use a hairdryer on the polythene to heat-shrink the plastic to the window for a smooth finish.
7. **Step 7:** Remove any old caulk around the window frame, and reinsulate with some new caulk to properly insulate your windows.

Now you windows are properly insulate for winter!


See a great video tutorial here:



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