

Zero Carbon Yorkshire

Heated seat Home Office

20/2/22

HD9

Holmfirth

Aim: We wanted to be comfortable when working in home office – especially at the start of a session or for short periods. We wanted to minimise our use of oil fired central heating (carbon footprint)

What done: We don't keep our study warm all of the time, because it's not used every day. Sometimes it's only used for a few hours. We don't like using oil central heating so minimise it by lowering the thermostat, instead we use a local electric heater. We fitted a heat pad to the chair, and another to the chair back. This is like a heated seat in a car and warms within 5 minutes, making it much more comfortable much faster. The heat pads use 50W each, whereas the electric heater is 1000W. We now turn down the thermostat on the electric heater, and sometimes don't use it at all.

Resources used: Heat pads from the Raynauds disease website <https://www.raynaudsdisease.com/seat-warmers.html> cost £30 each. Better on a chair without wheels to reduce the risk from running over mains wires. Elastic to fix pad to back of seat. Pads have timers and heat controls similar to electric blankets so can't be left on. Good Energy renewable electricity

Carbon Outcome:

0.025T CO₂

25kg CO₂ from 100 hours of not using oil CH in study (10 litres oil)

Other Outcome: Fast warm up means OK to use room without getting cold, so use study for shorter periods rather than letting paperwork build up.
More comfortable so happier
Cheaper to run than electric heater alone, lower electricity bills
Cheaper than oil CH – and better for the planet

Contact email:

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Sponsor: None



Warm back, warm bum



Controls – with auto turn off