Ready to Learn More?

South Dublin County Council is committed to helping our community transition to more sustainable and energy-efficient homes. Heat pumps play a vital role in achieving our climate action goals.

Visit the SEAI Website: For detailed information on heat pump systems, grants, and accredited installers, go to **www.seai.ie**

Contact SDCC Climate Action Team: We're here to provide local guidance and support. You can find more information on home energy improvements on the South Dublin County Council website at **www.sdcc.ie/en/climate-action/**

Making the switch to a cleaner, greener and more comfortable home with a heat pump.

Thinking about a heat pump for your home but hearing mixed messages? You're not alone!

Heat pumps are a fantastic way to reduce your carbon footprint and energy bills, but like any new technology, they come with their fair share of myths. Let's set the record straight and show you how heat pumps are the future of home heating in South Dublin.

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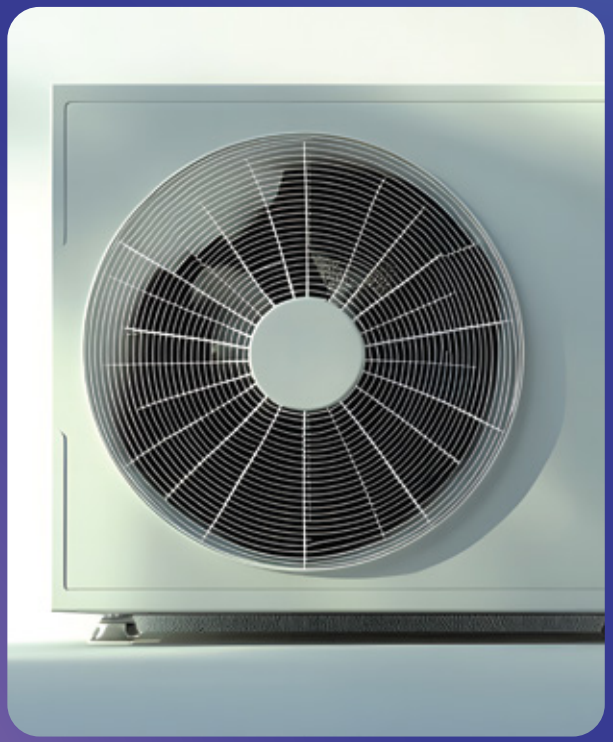
Busting Heat Pump Myths

Your Guide to Sustainable Home Heating in South Dublin!



From South Dublin County Council's Climate Action Team

Myth: Heat pumps have to be left on all the time.

Busted: While it's true that heat pumps operate most efficiently by maintaining a consistent, lower temperature, it doesn't mean they're constantly running at full power. Think of it like cruise control in a car – they work smarter, not harder.

- **The Truth:** Heat pumps are designed to provide a steady, comfortable warmth throughout your home. They work by extracting heat from the air (or ground /water) and transferring it indoors. This process is most efficient when there isn't a large temperature swing to overcome. Leaving your heat pump set to a comfortable temperature allows it to gently tick over, consuming less energy overall than if it were constantly switching on and off to reach high temperatures quickly. You can still adjust your thermostat to suit your needs, but generally, a consistent setting is best for efficiency and comfort.
- Regardless of the type of heat pump system you choose, it is important to note that you will need leave your heat pump switched on for long periods of time to make sure that it performs well and operates most economically.

Myth: Heat pumps need to be left running during Irish summers.

Busted: No, you don't need to run your heat pump for heating in the summer.

- **The Truth:** Heat pumps can have the heating system turned off, while keeping on the hot water part of the system.
- You can shut off the heating part of the system completely during the summer.
- This will save energy and reduce your electricity bill.
- You can still have hot water even if the heating is off, as heat pumps can also provide hot water, separate to the heating.

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Myth: Heat pumps don't work in cold Irish winters.

Busted: Modern heat pumps are incredibly advanced and perform exceptionally well even in cold climates.

- **The Truth:** Ireland's temperate maritime climate is actually quite favourable for heat pumps. Modern inverter-driven heat pumps are specifically designed to operate efficiently in temperatures as low as -20°C, which is much colder than anything we typically experience in South Dublin. They extract heat from the outside air even when it feels chilly to us. So, rest assured, your home will be warm and cosy all winter long.

Myth: Heat pumps are too expensive to install and run.

Busted: While the upfront cost can be higher than a traditional boiler, long-term savings and available grants make them a smart investment.

The Truth:

- **Installation Costs:** The Sustainable Energy Authority of Ireland (SEAI) offers substantial grants for heat pump installation, significantly reducing the initial outlay for eligible homes. South Dublin County Council encourages residents to explore these valuable supports.
- **Running Costs:** Heat pumps are highly efficient, typically producing 3 to 4 units of heat for every unit of electricity consumed. This makes them significantly more energy-efficient than traditional fossil fuel boilers, leading to lower energy bills over time, see more here: https://www.seai.ie/sites/default/files/publications/Heat-Pump-Technology-Guide.pdf
  As Ireland's electricity grid becomes greener, the environmental benefits and cost-effectiveness of heat pumps will only increase.
- **Maintenance Costs:** Compared to other renewable heat solutions such as biomass, they also offer advantages such as significantly lower maintenance requirements, no local air pollution and freedom from delivery charges.

Myth: My home needs to be perfectly "sealed" or a new build for a heat pump to work.

Busted: While insulation and airtightness are crucial for optimal performance, heat pumps can be successfully installed in existing homes.

- **The Truth:** For a heat pump to work at its most efficient, your home needs to be well-insulated to prevent heat loss. This often means upgrading insulation in attics, walls, and potentially windows. However, many older homes in South Dublin can be successfully retrofitted to be "heat pump ready." The SEAI offers grants for insulation upgrades too, making a whole-house approach more affordable. Your Technical Advisor (required for SEAI grants in older homes) will assess your home and recommend the necessary upgrades. See www.seai.ie

Myth: Heat pumps are noisy.

Busted: Modern heat pumps are designed to be surprisingly quiet, comparable to a refrigerator.

- **The Truth:** Advances in technology have made heat pumps much quieter than older models. Most outdoor units produce sound levels similar to a quiet conversation. Proper installation and placement can further minimise any potential noise, meaning you won't even notice it's there!

Myth: I need to install underfloor heating to use a heat pump.

Busted: While underfloor heating works perfectly with heat pumps due to its lower operating temperatures, it's certainly not a requirement.

- **The Truth:** Heat pumps can work effectively with modern, low-temperature radiators. You may need to upgrade your existing radiators to larger ones designed for lower flow temperatures to maximise efficiency, but you don't necessarily need to rip up your floors for underfloor heating.