





Protect Your Home and Health with Continuous HRV Operation

A Guide to Heat Recovery Ventilation (HRV): Protecting Your Home and Health



Moisture Management in Modern Homes

Modern homes are designed to be airtight for energy efficiency. However, this can trap moisture generated from daily activities like cooking, showering, and even breathing. Without proper ventilation, this moisture can accumulate, leading to mould growth and structural damage. HRV systems are essential in managing indoor humidity, ensuring a healthier living environment.

| Fan Stage | Recommended Use Case |
|---|---|
|  | Ventilation for humidity protection - Minimum setting to protect your home. |
|  1 | Stage 1: Reduced ventilation - For use when no ones home. |
|  2 | Stage 2: Nominal ventilation - Default operating mode - For every day use. |
|  3 | Stage 3: Intensive ventilation - For during showering or parties. |

Nominal ventilation provides the best balance of moisture protection, air quality and noise

The Role of HRV Systems

HRV systems work by continuously exchanging stale indoor air with fresh outdoor air while recovering heat from the outgoing air. This process not only maintains indoor air quality but also conserves energy by retaining warmth during colder months.

Always On = Always Protected

Unlike air conditioners, HRV systems are designed to run continuously. Turning them off—even for a short period—can quickly allow moisture and pollutants to build up, especially in colder months.

At the very least, systems like STIEBEL ELTRON's should always run on stage 0: ventilation for humidity protection. Think of it as your home's silent, always-on shield against mould and damp.

Invest in Your Home's Health

Installing a HRV system is a proactive step towards preserving your home's structure and ensuring a healthy living environment. Keep it running, and it'll keep your home safe, dry, and comfortable year-round.

