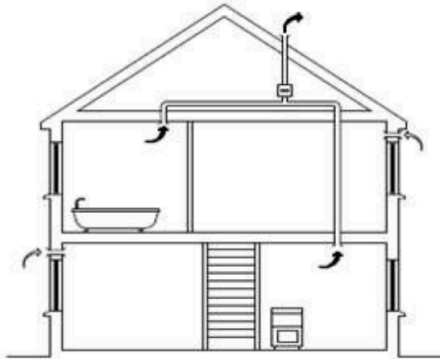


# Introducing Mechanical Ventilation with Heat Recovery (MVHR)

If you're building a new home, you'll almost certainly have heard of Mechanical Ventilation with Heat Recovery. But what is MVHR? How does it work? And why is it the choice of an ever growing number of self-builders like you?

## What is MVHR? How does it work?



An MVHR system comprises a central MVHR unit connected to an air distribution system. A fan in the MVHR unit gently removes stale, humid air from wet rooms (e.g. bathrooms, kitchens, cloakrooms) and expels it to atmosphere.

As the outgoing air passes through the MVHR unit, a heat exchanger captures residual heat, transferring it to freshly filtered, incoming air. This is distributed throughout your home via the air distribution system. The result is a system which effectively and efficiently ventilates your home, without compromising energy efficiency.

## What benefits will MVHR deliver to my home?

MVHR is ideally suited to today's, low-energy homes. A professionally designed and installed system can:

- Deliver a continual supply of clean, freshly-filtered, pre-warmed air;
- Improve indoor air quality;
- Reduce heat loss, energy demand, emissions and costs;
- Reduce humidity and eliminate mould and mildew;
- Eliminate unpleasant smells and odours.

## Does MVHR comply with Building Regulations?

In a word, yes. MVHR is a recognised ventilation technology within Building Regulations in Ireland and Northern Ireland.

## Is MVHR expensive to operate?

No. At the heart of a well-engineered MVHR are two, low energy fans characterised by remarkably low running costs. When installed in a modern, well-insulated home, you can expect running costs to be more than offset, by reductions in heating costs.

Indeed, MVHR is such an efficient ventilation technology that it's found today in many Passive Houses nationwide. It's also a technology recognised by the Passive House Institute, with PHI Approved systems available.

## Are there any restrictions on where MVHR systems can be installed?

No. Suitably scaled systems are available to suit almost any home, from a studio flat, to a large, country house.

## Can I buy an 'off the shelf' MVHR system and install it myself?

To operate effectively, any MVHR system must be designed specifically for your home. It simply isn't possible to buy an 'off the shelf' system online, install it in your home and expect it to operate efficiently and effectively.

It's important to remember too, that Building Regulations in Ireland, stipulate that all MVHR systems must only be designed and installed by an independently accredited, suitably competent person.

## Anything else I should look for when considering a system?

Yes, we'd recommend you choose:

- An independently accredited system designer and contractor;
- An MVHR unit which is Passive House Institute (PHI) certified for maximum efficiency;
- A 'radial' air distribution system to eliminate the risk of noise transfer;
- A counterflow heat exchanger for less noise and greater efficiency.

You can find out more about radial air distribution systems, counterflow heat exchangers and self-balancing machines in our 'Optimising MVHR In Your Home' download.

## Why not find out more?

We're one of Ireland's leading ventilation suppliers. Our expert team is on hand to help answer your ventilation questions and queries – from 9am to 5pm weekdays.

So, why not get in touch with them? You can reach them on 028 9045 0103 (NI), 048 9045 0103 (ROI) or e-mail [selfbuild@brinkhrv.com](mailto:selfbuild@brinkhrv.com)



## Brink Ventilation Systems from Kernohan Distribution

Fir Trees Greenway Industrial Estate Conlig Co. Down BT23 7SU Northern Ireland  
Crank House Banagher Co. Offaly R42 DE61 Republic of Ireland

T: 028 9127 0233 (NI) 048 9127 0233 (ROI)  
E: [selfbuild@brinkhrv.com](mailto:selfbuild@brinkhrv.com) W: [www.brinkhrv.com](http://www.brinkhrv.com)