



HOW TO MAINTAIN THE HEALTH OF YOUR HOME HVAC UNIT



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An air conditioner is made up of many components. The filters, coils, and fans all work together to ensure your home is just the right temperature with just the right amount of airflow. However, any other system in your house, the HVAC requires regular maintenance to function effectively and efficiently for many years to come.

Unfortunately, many homeowners often neglect the necessary maintenance which in turn shortens the lifespan of a good HVAC unit. Neglecting maintenance ensures a steady decline in air conditioning and a steady increase in energy consumption. In short, neglecting your HVAC unit might lead to costly fixes and repairs in the future.

But all hope's not lost. FL Heat & Air Inc. is here to the rescue with an e-book containing tips on how to maintain the health of your home HVAC unit. In this piece you will understand:

- ▶ Why Things Go Wrong
- ▶ And 5 tips to maintain a healthy HVAC system

Read on to dive deeper into the above.

Why Do Things Go Wrong?

Most air conditioning unit problems happen when the parts we mentioned above are overloaded and get overstressed. This makes the components of your HVAC unit to become inefficient and they might fail. This can eventually lead to the entire system crashing. And buying a new HVAC unit is not something you just do without prior planning.

If you are doing something that heats your home too much like cooking, or having more people, or maybe having too many appliances running at the same time, your HVAC unit might try but will not be able to cope. These are the most common reasons why many HVAC units fail according to our research.

On the other hand, the HVAC unit not being the proper size for your home can cause it to crash. Other leading causes of HVAC troubles include:

- ▶ Indoor humidity
- ▶ Reduced airflow to the outside
- ▶ Air leaks in your home
- ▶ Insulation issues
- ▶ And refrigerant leakage

But here's the good news. There are little things you can do to drastically improve the life of your HVAC unit. Let's see below:



Change Filters

Filters have two functions. One is to remove particles from the air stream, and the other is to keep your air conditioning system clean. You might have a fuzzy filter in your frame or a folded paper filter but one thing's for sure, a filter is an important part of your HVAC unit. As such it needs great attention.

When was the last time you changed your filter? You can't remember? Well, you are not alone. The average homeowner never remembers to change their filter. However, this should not be the case.

An over-used filter is dirty and clogged which can reduce airflow and in turn hurt the performance of your system. A dirty filter can also clog the evaporator coil and become a source of indoor air pollution.

Therefore, you must know the recommended change time for your particular HVAC system. You can even set a reminder for when to change next.



Maintain Your Ducts

Most homeowners often forget that ducts even exist. However, they are a vital component in ensuring an efficient HVAC system. According to the Department of Energy, ducts can lead to a loss of the cooling and heating energy put out by your air conditioning unit by up to 40%.

Many ductworks suffer because they have leaks or they are not properly insulated for extreme weather conditions. Sometimes, ducts may be improperly fitted which restricts the airflow around the house. As a result, your HVAC might experience problems cooling your home in the summer.

A good HVAC contractor can help you solve these issues with duct sealing, duct insulation which can have a big impact on ensuring a healthy HVAC system.

Check the Humidity

The relative humidity should be between 30-50 percent according to a study by the EPA. Too much humidity leads to the growth of bacteria, viruses, and mold which might end up growing inside the parts of your HVAC unit.

Growth of mold inside your HVAC unit will cause processes to slow down, and not forgetting the negative health effects this will have on you and your family. However, there is a simple fix. Invest in a dehumidifier. With this device, you will be able to control your humidity accordingly.



Pay Attention to Your Outside Condenser Unit

Your outside condenser needs to breathe. It needs proper airflow to work efficiently. For good HVAC maintenance, you should make sure your outside unit is not buried by a pile of leaves. As a safety measure, also cut down any encroaching plants that might block airflow in the future.

Consider Professional Annual HVAC Maintenance

When everything else fails, calling in the professionals is the right move. As times go by, maintenance problems might become harder to detect by yourself. Professional maintenance checks at the start of every cooling season are recommended.

A professional HVAC maintenance expert should check :

- ▶ Your entire system for leaks
- ▶ Measure electricity usage
- ▶ Identify any abnormal low air pressure
- ▶ Clean tough to reach HVAC components and much more



Have an HVAC Maintenance Question? Talk to Us!

FL Heat & Air Inc. is a tested and proven HVAC contractor with years of experience in HVAC maintenance, repairs, and installation.

Contact us today to schedule a tune-up.