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# INTEGRATING ENERGY AND ENVIRONMENTAL CONSIDERATIONS INTO BUILDING DESIGN THROUGH USE OF A SIMPLIFIED THERMAL ASSESSMENT METHOD

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**Abstract:** New buildings and building refurbishments should be designed such that the best use is made of solar energy, and that fossil fuel based energy is not wasted. Because the thermal processes in a building are quite complex, the use of thermal assessment methods such as dynamic thermal simulation are generally recommended as part of the design process. These methods are intended to show building designers the effects of their building proposals on energy use, but are often too slow and difficult to use and do not really 'fit' into typical design practice. Therefore the job of energy assessment might be given to an engineer, but usually no assessment is done at all, or else the engineer is employed only to 'rubber stamp' the completed design. The method outlined in this paper is intended to give the building designer access to all the information in such a way that at early design stages the thermal characteristics of the building design can be quickly explored, in a parallel way to which designers explore issues of function and use, aesthetics, structure and cost. It is proposed that through use of such a method, considerations of energy and environment can be integrated into each project from the very start of the design process.

## 1. Introduction

Rising temperatures and climate change is related to the release of CO<sub>2</sub> into the atmosphere resulting from conventional energy use. In the UK domestic buildings alone use 30% of the UK energy total, with 62% of that proportion used for space heating (Shorrock and Utley, 2003). Existing thermal assessment methods range from complex computer based methods to simple manual methods, and these are all intended in one way or another to allow the building designer to reduce energy consumption of the building. The complex methods can be accurate and give much detailed information on heat flows, internal temperatures and energy predicted for

heating and cooling, and can be used to model any type of building anywhere in the world. They are however difficult to operate and considerable time is needed before meaningful results can be obtained. Therefore they tend not be used in design, or are only used as an afterthought.

Simple methods on the other hand are generally quick and easy to use but are often lacking in accuracy and/or are very limited in the types and locations of buildings that can be assessed. These might be used more often, but are not of much use at helping with the detailed design of thermal operation of the building. The method reported here successfully combines many of the advantages of both the complex and simple methods.

## 2. Philosophy of the Method

### 2.1 Testing the parameters

The method is intended to allow the user to quickly explore the effect on thermal behaviour of altering the following parameters;

- opaque fabric areas and orientations
- glazed areas and orientations
- opaque fabric construction details
- glazing types
- infiltration rates
- ventilation rates and times
- heating patterns and set points
- conditional operation of devices such as shutters, sunspaces, windows etc
- location (hourly weather files used)

The efficiency of the heating and cooling plant is also important but has not been considered at this stage. The following information is given as output;

- Annual space heating energy use
- Estimation of overheating (number of days during the year on which internal temperature exceeds 27C)
- Information as to the relative contribution of the different parts and systems of the building towards that energy use

The above parameters together describe the building and its thermal behaviour and the user is enabled to explore which parameters (or which combinations of parameters) have the greatest effect on thermal behaviour. The key is the speed with which this exploration can be done – within 10 minutes for example the

designer can explore the effects of window size and orientation on level of solar gains and heating energy use, or on the effect of changing the thermal mass of the building, or the potential for using night cooling in conjunction with the thermal mass in order to reduce daytime internal temperatures.

These types of studies are precisely those that designers need to do at an early stage, in order to gain an understanding of the thermal characteristics of the proposed building. It is claimed here that a very fast method that focuses on thorough testing of all the relevant variables will allow a picture to be built up in the mind of the designer. It would take several hours at least to carry out just one of the above studies using a dynamic thermal simulation, and the level of information required about the building would be difficult to obtain. The speed of the method described here, and the reduced level of information required means that it can be used from the start of a design when decisions will be made about form, materials, orientation etc that will largely determine the thermal performance of the final design.

### 2.2 Design practice

Larger architectural and engineering practices can more afford the time and money to employ specialists to carry out thermal simulation work which could then inform the rest of the design team. Whether they usefully use the results of simulation to improve building performance is a question that is outside the scope of this paper. In fact the whole question of how simulation results should be used to inform the development of the design is a relatively under researched area. But if a practice has only one or two architects then spending hours on

computer simulations is rarely an option and smaller practices are also less likely to be able to pay a consultant to do the work. Many buildings also are not really 'designed' but are only informed by economy of construction and in developed countries at least would only have to meet the minimum standards demanded by the regulations. But in order to decrease CO<sub>2</sub> emissions due to the heating of buildings, an effort should be made to minimise energy use as part of the design of the building.

### 3. Calibrated Heat Capacity Method (CHCM)

There are three parts to the method which are combined at present in a spreadsheet with a simple numerical interface. A brief non-mathematical description is given below. A thorough description of the method is given elsewhere (Tucker, 2004). The three calculations made and the methods used are as follows;

1. Hourly heat flows are determined using steady state equations modified for solar gains
2. Temperature prediction is achieved using an existing transient heat flow algorithm (based on the concept of Newtonian cooling).
3. The amount of heat required to heat the mass of the building is calculated from knowledge of the temperature of the building and of the effective heat capacity of the building.

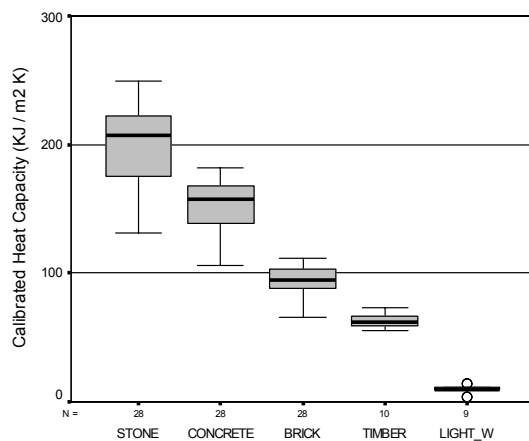
The novel part of the method (apart from the combining of all these methods together) is in how the quantity of heat stored in the thermal mass is calculated.

The *effective thermal capacity* of the construction is always less than the actual thermal capacity because not all the depth of the materials is involved in the exchange of heat over diurnal cycles. For example, only 50mm of a 100mm concrete block wall with external insulation might be involved in absorbing and releasing heat as the air temperature in the room rises during the day and then falls overnight.

The CHCM relies on a useful number of constructions having previously been calibrated as to their effective heat capacity. Table 1 shows some examples of these. Each construction type is modelled in a number of different buildings within a dynamic thermal simulation program and its effective heat capacity measured. The buildings are of various sizes and forms and have different heat loss and heat gain characteristics. The ranges of values obtained is shown in figure 1 and is a reflection of the way that effective heat capacity of a component varies depending on these heat loss and heat gain characteristics of these buildings. The mean effective heat capacity for a construction type is called here the *calibrated heat capacity* (CHC).

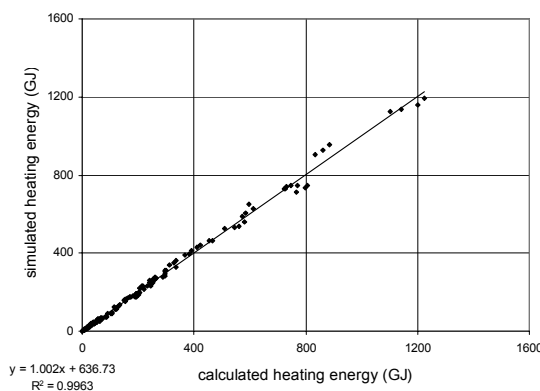
- 1 200mm sandstone, external insulation
- 2 100mm heavyweight concrete block, external insulation
- 3 105mm brick, external insulation
- 4 100mm solid timber with external insulation
- 5 13mm plasterboard on timber stud walls, insulation and brick outer skin

**Table 1:** Examples of constructions calibrated for effective heat capacity

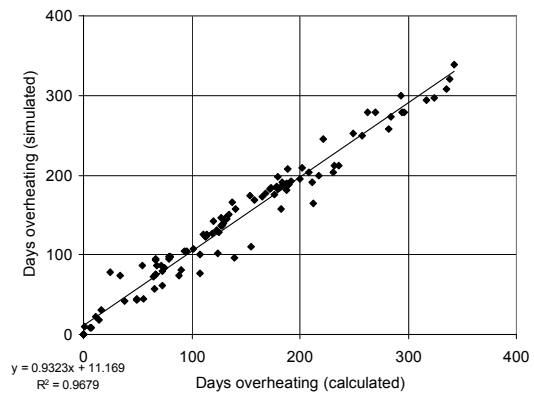


**Figure 1.** Box and whisker plots of Calibrated Heat Capacity for the 5 constructions of table 1.

Thick masonry constructions have a wide range of high values of effective heat capacity whereas thinner lightweight constructions have a smaller range of relatively low values. Despite these ranges, when the CHC for a particular construction type is used in buildings of various heat gain characteristics, the predicted heating energy use is very close to that predicted by the dynamic thermal simulation program (figure 2).



**Figure 2.** Comparison of simulated and calculated annual space heating energy



**Figure 3.** Comparison of simulated and calculated days of overheating during one year

Overheating prediction given by the transient heat flow algorithm is accurate enough to give a useful indication of degree of likely overheating (figure 3).

#### 4. Further applications

The method is designed to test multiple building variables very quickly. To be useful in practice some more construction types would have to be calibrated to determine their effective heat capacities and development of a 2D or 3D graphical interface would make the method more user friendly.

Apart from applications in building design practice, it is thought that this method would be ideal for educational use. Architectural design students are usually under great pressure to produce creative design work and because usual methods of environmental analysis such as thermal simulation take so much time to learn to use productively, the student is forced right from the start to choose between doing ‘design’ oriented work, and becoming a specialist in environmental analysis. Because the majority of students will shy

away from the perceived difficulties of the latter a division is created between 'mainstream' architecture and environmental architecture whereas really all designers need to be addressing environmental issues as an integral part of their work if CO<sub>2</sub> emissions from buildings are to be reduced. If the student is taught the basic principles of building heat flows and energy use, and how these can be affected by the design and the parameters of the building, then it is likely that sound energy strategies can be integrated into the design of each building.

## 5. Conclusions

The method described here could help in the effort to reduce building related CO<sub>2</sub> emissions. It is fast and accurate and is designed to enable integration of sound energy strategy into building design. It does this through enabling a rapid exploration of the building variables so that the designer can build up an understanding and a feeling for how those variables influence thermal behaviour.

## 6. References

Shorrocks, L.D., Utley, J.I., *Domestic energy fact file 2003*, BR 457, Building Research Establishment, Watford, 2003

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