

# Thermostatic radiator valve guide

## What this guide is about

This guide explains what a thermostatic radiator valve (TRV) is and how to set your TRV to get the most economical use from it.

## Who is this guide for

For people who live in a Progress Housing Group home and have thermostatic radiator valves on their radiators.

## Bitesize summary

- TRV stands for thermostatic radiator valve
- The thermostatic radiator valves attached to your radiators react to the room's air temperature by expanding (warmer air) or contracting (cooler air). This movement opens and closes a valve, controlling the water flow into the radiator
- To get the most economical use from your TRV, set your TRV to the lowest setting that will achieve a comfortable temperature.

## What is a TRV?

TRV stands for thermostatic radiator valve. This valve attached to your radiators reacts to the room's air temperature by expanding (warmer air) or contracting (cooler air). This movement opens and closes a valve which controls the water flow into the radiator.

## Setting your TRV

To get the most economical use from your TRV, set your TRV to the lowest setting that will achieve a comfortable temperature.

As a guide, the TRV settings equate to the following temperatures:

**Setting** : TRV is shut. No water will pass through, regardless of the air temperature

**Setting** : Frost protection. The valve will start to open when the air temperature around the valve head falls to 7-8°C or below

**Setting 1:** The valve will start to open when the air temperature around the valve head falls to approximately 11-13°C or below

**Setting 2:** Approx. 15-17°C air temperature

**Setting 3:** Approx. 18-20°C air temperature (generally suitable for bedrooms)

**Setting 4:** Approx. 21-25°C air temperature (generally suitable for living rooms)

**Setting 5:** Maximum setting.

Once set, allow the valve to settle down. It is common practice for a TRV valve to take 15 to 20 minutes to respond to a 2°C change in temperature.

## Temperature adjustment

After some time, if the room temperature needs adjusting, increase the valve head by a small amount and again allow the system to settle. Repeat this step until you reach the required comfort level.

## Good to know

- Turning a TRV to a higher setting will not heat a room faster
- Turning a TRV to a lower setting saves energy and is ideal for rooms not regularly in use
- TRVs need a free flow of air to sense the temperature so avoid blocking them with curtains, furniture or other items
- A TRV should be set on the lowest setting that will achieve the desired temperature and left to do its job
- TRVs should not be set to the 0 (shut) setting for prolonged periods. This setting is ideal for maintenance, removing the radiator, decorating, etc.

## You may also be interested in

- Legionella and water safety
- Fire safety
- Electrical safety
- Gas safety
- Asbestos
- How we are performing – compliance and health and safety.

## Get in touch

The quickest way to get in touch is online at [www.progressgroup.org.uk](http://www.progressgroup.org.uk) by:

- Logging into your online tenant account
- Emailing us
- Live chat – available Monday to Friday, 8am to 5pm.

You can also:

- Call us on 0333 320 4555
- Visit or write to us - Sumner House, 21 King Street, Leyland, Lancashire, PR25 2LW.

 **Like us**  
[facebook.com/ProgressStreetTalk](https://facebook.com/ProgressStreetTalk)

 **Share with us**  
[@progress\\_hg](https://instagram.com/progress_hg)

Progress Housing Group is the trading name of Progress Housing Association Limited.

TRV/2024

## Report or track a repair or check your rent balance

You can pay your rent, check your rent balance and report or track a non-emergency repair online 24/7.

Log in or sign up for your online tenant account at [www.progressgroup.org.uk](http://www.progressgroup.org.uk)

## Complaints and compliments

Your feedback is very important to us and helps us to improve our services. If you want to tell us that we have been doing something well or are unhappy about something, please tell us using the contact details on the left.

Our Complaints Policy and process follow the standards set out in the Housing Ombudsmen's Complaint Handling Code. You can read more on our website or let us know if you would like a leaflet.

## Information in another format or language

This leaflet is available in the following formats:

- EasyRead
- Audio
- Large print
- Braille
- Yellow, pink or blue paper
- Other languages.

More information is available at [www.progressgroup.org.uk/access](http://www.progressgroup.org.uk/access)