

YOUR HOW TO GUIDE

For Installing Home Heating and Cooling (Reverse Cycle Air Conditioning)

EFFICIENT COMFORT ALL YEAR ROUND. HEATING IN WINTER. COOLING IN SUMMER.

Why Choose Reverse Cycle Air Conditioning?



Cheapest Running Costs To Heat Your Home

Reverse cycle systems are far cheaper to run compared to gas heating or electric heating and cooling systems.

Example: Average running cost in 2025 for gas heating was \$1,040, electric resistive was \$1,400, and electric heat pump was \$360.



Long-Term Savings

Reverse cycle systems deliver long-term savings.

Example: Without solar, save around \$12,000 over 15 years compared to traditional gas or electric heaters. With solar, save around \$13,900 over 15 years.



Heats And Cools In One System

One appliance or system provides both winter heating and summer cooling, you don't need multiple systems.



Uses Much Less Energy

Reverse cycle air conditioners are 3-4 times more efficient than gas heaters and 2-3 times more efficient than standard electric heaters.



Smart and Flexible Features

Timers and smart controls allow you to heat or cool your home when electricity is cheapest, especially during daytime solar production.



Better For Your Health and The Environment

Unlike gas heaters, reverse cycle systems produce no indoor air pollution and can reduce heating-related fossil fuel use by 40% or more.



Your Reverse Cycle Installation Checklist



Identify Priority Rooms

Decide which rooms you want to heat and cool, e.g. living areas, bedrooms.



Choose the System Type

Split systems: cheaper, very efficient, ideal for individual rooms. Ducted systems: whole-home heating and cooling, less efficient, higher upfront costs.



Maximise the Impact of Your Reverse Cycle Air Conditioning By:

Sealing draughts, closing gaps, using curtains or blinds to keep warm (or cool) air in and cold (or hot) air out, and adding insulation to ceiling, under floor and walls.



Get Quotes From Licensed Installers

Find reputable local installers. Ask friends and families who they used. Ask for advice on type and size of the correct system for your home.



Check Electrical Capacity

Most homes don't need major upgrades but an electrician may need to add a dedicated circuit.



Install and Program Timers

Set timers to pre-heat or pre-cool your home during off-peak or solar hours.



Maintain for Best Performance

Clean filters regularly to keep the system running efficiently.

References:

- yourhome.gov.au/energy
- energy.gov.au
- rewiringaustralia.org

This guide is for information purposes only, it is not professional advice, and Zero Emissions Solutions has no liability. Please do your own research and chat with a professional to make the best decision for your home.