

HEAT PUMPS: YEAR-ROUND COMFORT FOR CANADIAN HOMES

**RELIABLE. EFFICIENT. ALL-SEASON COMFORT.
EVEN IN CANADIAN WINTERS**



DID YOU KNOW?

HEAT PUMPS ARE USED IN 60% OF
HOMES IN NORWAY – AND THEY WORK
IN CANADIAN WINTERS TOO!

WHY HEAT PUMPS?

Heat pumps are the future of home heating and cooling



- 🌿 The most **sustainable** way to heat a home and reduce greenhouse gas emissions
- ❄️ Use the same **trusted technology** that keeps food safe in your freezer
- 🏡 **Proven in cold climates:** in Norway, 60% of homes use a heat pump for heating
- 🛡️ **Safer:** no risk of gas leaks or carbon monoxide

There are different types of heat pumps



- **Air-source heat pumps (ASHP):** Work by exchanging heat with outside air
- **Cold climate air-source heat pumps (ccASHP):** Optimized to perform at low temperatures
- **Ground-source heat pumps (GSHP):** Draw heat from the earth or water source

Matching Heat Pumps to Your Home

Your contractor can help you decide which heat pump option works best for your home.

Current system:	Recommended heat pump:
Centrally ducted	Most heat pumps
Radiators or boilers	Air- or ground-to-water systems
Baseboard heating	Heat pump with a mini- or multi-split distribution system

! Ask your contractor to use a **heat load calculation** to determine the right size for your heat pump

Will I Need a Backup Heat Source?

All-electric heat pumps can efficiently heat most Canadian homes throughout the winter.

Many cold-climate models continue to operate efficiently with high output down to -25°C!

Many models include a built-in backup heater for extra warmth on the coldest days.

You can pair a smaller heat pump with a furnace, boiler, or other system that takes over heating below a set temperature. This may be a good option if:

- You own a newer furnace or boiler
- Your existing ductwork is undersized
- An all-electric cold-climate heat pump is outside your budget

WHY HEAT PUMPS ARE A SMART UPGRADE

- Cozy, even heat makes your home **more comfortable**
- **One system** that heats in winter and cools in summer
- The **most energy efficient** way to heat and cool your home
- Can **lower bills** in homes with baseboard, propane or oil heating
- **Safer for your family** – no risk of carbon monoxide
- Helps Canada **cut climate pollution**, one home at a time
- A smart, **one-time upgrade** with a big, **lasting impact**



How Does Heating with a Heat Pump Compare to a Furnace?



- Delivers **steady, even warmth** instead of bursts of hot air



- Works best when **kept at a consistent temperature** – no need to lower the thermostat at night



- Provides both **heating and cooling** in one system



- Both **heat pumps and furnaces require electricity** to operate – neither will run during a power outage*



- **Lower gas bills** help offset added electricity costs

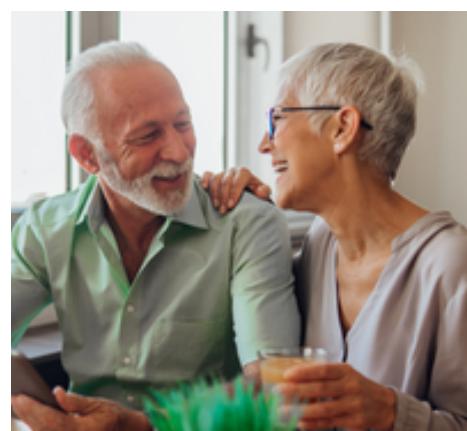


- Can be powered with **rooftop solar** for **greater energy independence**

“Instead of getting a new air conditioner, just upgrade to the heat pump, and you can use it most of the year.”

— Emma Cubitt, Hamilton, ON

*A hybrid system with a furnace backup can more readily be powered by a generator during an outage.



WHAT QUESTIONS SHOULD I ASK MY CONTRACTOR?

To make sure you get the right heat pump for your home, choose a contractor who takes the time to understand your needs and can confidently answer questions like these:

- Are you an HRAI registered Heat Pump Champion?
- Do you use heating load calculations to size the system?
- Will you assess my ductwork and air flow to size the system?
- Will my home need electrical or other upgrades?
- Where will the equipment be installed?
- What is the total installed cost, and will I be eligible for any incentives?
- For hybrid heat pumps, at what temperature will the system switch to backup heat?
- Will you show me how to maintain the system and program the thermostat?
- Tell me about your warranties, qualifications, experience and references.

 **Tip: It's a good idea to compare quotes from a few qualified installers to find the best fit for your home.**



Look for an HRAI Heat Pump Champion - contractors with certified training and proven experience to help you choose and install the right system.

Visit the [HRAI Contractor Locator](#) website to check.



Learn More

[Canada's Home Electrification Toolkit](#) can help you electrify all aspects of your home, and avoid an electrical panel upgrade.

Presented by:

The Building Decarbonization Alliance is a non-partisan and cross-sector coalition working towards a future where electrified buildings are part of an affordable and resilient energy system that contributes to a prosperous, sustainable, and decarbonized Canada. [buildingdecarbonization.ca](#)

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Founded in 1968, the **Heating, Refrigeration and Air Conditioning Institute of Canada (HRAI)** is a non-profit national trade association that represents more than 1,150 member companies in the heating, ventilation, air conditioning and refrigeration (HVACR) industry. [hrai.ca](#)

