

# Heat Pumps: Heating & Cooling Systems



## Save on Heating and Cooling Reduce Your Carbon Footprint

Lower your energy usage while reducing your impact on the environment with a heat pump heating and cooling system.



Installing clean HVAC technologies, including ground source and air source heat pump systems, can reduce your energy costs, decrease your carbon footprint, and increase everyday comfort. When paired with improved insulation and air sealing, the benefits are even greater.

Heat pump systems heat and cool your home or office without burning fossil fuels. No on-site combustion means no risk of dangerous carbon monoxide fumes.

### How do heat pump heating and cooling systems work?

Unlike traditional heat-generating HVAC systems, heat pumps extract heat from the ground or air outside, and distribute it inside your home or business. During warmer months, the process is reversed to provide cooling by pulling heat out of your interior space. These systems are highly efficient, and can provide up to 100 percent of your heating and cooling needs.

### What are the benefits?

- **Lower energy usage.**  
Heats and cools your home more efficiently than traditional HVAC systems like oil, propane, and electric resistance.
- **Increased comfort.**  
Get quiet, even heating and cooling throughout your home or business.
- **Low maintenance, long lasting.**  
Heat pumps last longer than conventional furnaces and AC units, and require little maintenance.
- **Clean, healthy, and safe.**  
No combustion of fossil fuels, no fuel storage, no emissions, and no risk of carbon monoxide fumes.

Sustainable Homes Rochester



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