Can a recirculating extract work with FLUXO MVHR units in areas without direct kitchen extracts?

Yes, a recirculating kitchen extract can be effectively used alongside FLUXO Single Room Mechanical Ventilation with Heat Recovery (MVHR) units, especially in areas lacking direct kitchen extracts. This combination enhances indoor air quality by managing moisture and pollutants generated during cooking.

Understanding Recirculating Extracts

What is a Recirculating Extract?

A recirculating kitchen extractor filters air through a grease filter before returning it to the kitchen. This system is particularly beneficial in spaces where external venting isn't feasible, such as in flats or buildings with structural constraints. By reducing odours and airborne particles, recirculating extracts contribute to a more pleasant cooking environment.

Efficiency of Recirculating Extracts

- Moisture Management: Recirculating extracts help manage moisture from cooking, which is crucial in preventing dampness and mould growth.
- Odour Control: They effectively filter out cooking smells, ensuring a fresh atmosphere in the kitchen.

Integration with FLUXO MVHR Systems

How MVHR Works

FLUXO Single Room MVHR units provide continuous fresh air while recovering heat from outgoing stale air. This system is designed to maintain a balanced indoor climate by introducing fresh air and minimising heat loss.

Benefits of Combining Systems

1. Enhanced Air Quality: The integration of a recirculating extractor with an MVHR unit effectively addresses localized cooking emissions that the MVHR may not fully capture. This dual approach ensures comprehensive air quality management.
2. Energy Efficiency: By reducing the load of pollutants and moisture that the MVHR must handle, the overall energy consumption of the ventilation system can be optimised.
3. Regulatory Compliance: Building regulations often mandate adequate kitchen ventilation to prevent moisture build-up and ensure air quality. Using a recirculating extractor alongside MVHR meets these requirements, especially in residential settings where direct external ventilation is impractical.

Key Considerations for Implementation

Installation Guidelines

- Positioning: Install the recirculating extractor as high as possible, ideally no more than 400mm from the ceiling. This positioning maximises its efficiency in capturing cooking emissions.
- Accessibility: Ensure both systems are accessible for maintenance to maintain their efficiency.

Maintenance Requirements

Regular maintenance is crucial for both the recirculating extractor and the MVHR unit. This includes:

- Filter Replacement: Regularly check and replace filters in both systems to ensure optimal performance.
- System Checks: Conduct routine inspections to ensure that all components are functioning correctly and efficiently.

Using a recirculating kitchen extract in conjunction with FLUXO MVHR units provides a comprehensive solution for managing indoor air quality in areas without direct kitchen extracts. This combination not only addresses localized cooking emissions but also enhances the overall efficiency of the ventilation system, ensuring compliance with building regulations and improving the living environment.