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# Cooling and heating loads

**Table 16:** Cooling loads for different types of building (W/m<sup>2</sup> gross internal area, unless otherwise stated)

Description	Rule of thumb	Comments	Ref
	<b>Cooling load (W/m<sup>2</sup>)</b>	Please refer to the glossary for a definition of gross internal area	61, 12
Banks	160		
Data centres	1500	This figure is based on the net area of the data hall	
Hotels	150	Depending on occupancy, a peak guest room cooling load between 1.5 kW and 2 kW will normally be adequate for the UK	
Offices	87	The project design reports analysed during the production of this document had an average total cooling load of 87 W/m <sup>2</sup> GIA*	
Restaurants	200		
Retail establishments	140		
Residential buildings	70		

**Comments:**

\*Solar gains vary with façade orientation and should fall in the range of 50 – 65 W/m<sup>2</sup> of the 4.5 m deep perimeter zone. Please refer to Table 17 for guidance about internal heat gains in offices.

**Your notes:**



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