


<b>#</b>	<b>Lampadakis Stelios Mechanical Engineer</b>	
Title:	Mechanical Engineer – HVAC Consultant	
email:	s.lampadakis@gmail.com •	
Presentation title:	<b>Indoor Air Quality the Phenomenon of Sick Building Syndrome health and productivity impacts, HVAC Solutions</b>	
<p>Globalization leads to the concentration of more and more people in urban centers. Limited space and the need to minimize building costs lead to densely populated urban planning. People no longer work in small businesses of a few employees but in large buildings, and when they finally return home, it is usually in a high-rise apartment building. These new building and living habits contribute to the appearance of the Sick Building Syndrome (SBS).                  In our presentation we will explore:</p> <ul style="list-style-type: none"> <li>• What Sick Building Syndrome is</li> <li>• What are the critical factors</li> <li>• What are the implications (in health and productivity)</li> <li>• Methods of containment or elimination of the problem using proper HVAC design</li> </ul>		
Short CV:		
<p>Born in Nicosia Cyprus in 1976                  Graduated from National Technological Institute of Crete in 2000, BA degree ME                  Ever since I have worked as sales engineer, project manager and design engineer in commercial and design applications companies. Also, as a freelancer Consultant I have participated in numerous HVAC projects. I have also worked as a scientific associate for the National Technical University of Athens (NTUA) in various projects.                  Area of expertise :</p> <ul style="list-style-type: none"> <li>• Indoor air quality</li> <li>• Energy saving</li> <li>• Geothermal Energy</li> <li>• HVAC Design</li> </ul>		

CV:	
<p>Born in Nicosia Cyprus in 1976 Graduated from National Technological Institute of Crete in 2000, BA degree ME</p> <p><b>Ever since :</b></p> <p>2002 – 2007 Various Positions in commercial and design applications (company name: KOLOMVAKIS S.A. , Master dealer of Carrier UTC)</p> <p>2007 - today HVAC Mechanical Engineer - Consultant</p> <p>2007-2009 Project application engineer in commercial and design applications (company name: MECHANICAL SOLUTIONS)</p> <p>2009 - 2014 Various Positions in commercial and design applications (company name: KOKOTAS Ltd. Master dealer of Mitsubishi Electric)</p> <p>2014 - 2015 Consultant Scientific Partner in numerous researches for National Technical University of Athens (NTUA), School of Mining &amp; Metallurgical Engineering</p> <p>2015 - today Department head in commercial and design applications (company name: MECHANICAL SOLUTIONS)</p> <p><b>Area of expertise :</b></p> <ul style="list-style-type: none"><li>• Indoor air quality</li><li>• Energy saving</li><li>• Geothermal Energy</li><li>• HVAC Design</li></ul> <p><b>Reference Projects:</b></p> <p>2002 – 2003 2<sup>nd</sup> Engineer, design and hydraulic calculations in HVAC project. One of the first geothermal projects in Greece with the usage of sea water of that scale (550 kW)</p> <p>2003 - 2004 2<sup>nd</sup> Engineer, design, hydraulic calculations duct design, heating-cooling load calculations. In the year of completion, it was the largest geothermal project with usage of sea water (1,2 MW) in any HVAC project in Greece.</p> <p>2006 1<sup>st</sup> Engineer, In the year of completion, it was the largest geothermal project with usage of sea water (130 kW) exclusively for HACCP needs.</p> <p>2007 1<sup>st</sup> Engineer, Challenging project of daily production of 30.000lt of hot water with usage of solar thermal panels approximately 600 sq.m in an extended area.</p> <p>2010 - 2011 Design Engineer of HVAC systems. Landmark project of the NTUA.</p> <p>2012 – 2014 Senior Engineer Project Consultant, EU - FP7 RETROKITEU - FP7 RETROKIT, Systemic Approach for retrofitting existing buildings, including envelope upgrading, high performance lighting systems, energy-efficient HVAC systems and renewable energy generation systems.</p> <p>2017 - 2018 1<sup>st</sup> Engineer, In a Landmark Stadium of Greece design of heated swimming pool and sports area in an extremely limited space. Temperature and humidity control, heat recovery and innovative swimming pool heating led to outstanding energy performance.</p>	

Event: **ENERGY in BUILDINGS - NORTHERN HELLAS 2024**

Date: Saturday February 17, 2024

Place: Thessaloniki, Macedonia



**Presentations:**

2015 *“HVAC systems fundamentals and building installation examples. Energy losses in HVAC systems and reduction methods through duct insulation solutions”, NANO-HVAC GA no : 314212 Novel Nano-enabled Energy Efficient and Safe HVAC ducts and systems contributing to a healthier indoor environment, Final Dissemination Conference, 28<sup>th</sup> August 2015 Lavrion Technological and Cultural Park, Attika*

2015 *“Indoor Air Quality (IAQ) in buildings. The Sick Building Syndrome . Air treatment techniques in HVAC systems”, NANO-HVAC GA no : 314212 Novel Nano-enabled Energy Efficient and Safe HVAC ducts and systems contributing to a healthier indoor environment, Final Dissemination Conference, 28<sup>th</sup> August 2015 Lavrion Technological and Cultural Park, Attika*

2023 *“Indoor Air Quality the Phenomenon of Sick Building Syndrome health and productivity impacts, HVAC Solutions”, Energy In Buildings,ASHRAE Hellenic Chapter, International Conference , 11<sup>th</sup> November 2023 Athens, Grand Hyatt Hotel, Athens*

**Interests:**

Reading, listening to music, playing the guitar, sometimes trying playing chess.