

STAY COOL IN SUMMER



Keep the heat out

- Close your blinds and curtains, especially on south and west facing windows
- Shade windows – window film, move plants outside, awnings etc
- Insulate your home – keep the heat out
- Switch to LEDs – incandescent and halogen bulbs produce a lot of heat
- Avoid using ovens and stoves - Instead, use a microwave, slow cookers, air fryers



Here to help

**Scan the QR code to book your
FREE Home Energy Survey
Or call 07443 870 691
if you have no access to email**



Scan Me!



STAY COOL IN SUMMER



Let the cool air in

- Open windows when it's cooler outside (morning and evening). Get a breeze going
- Use a portable fan – these are fairly cheap and efficient to run
- Take a cool shower (but not too cold!)
- Use high energy appliances (hot) at night – washing machines, dishwashers etc



If outside

- Hat, sunscreen, cover up and keep hydrated
- Avoid full sunlight, walk in shade where you can



A great guide

Scan the QR code to download the Shade in the UK British Red Cross Overheating Adaption Guide for Homes



Scan Me!