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Plumbing, Heating and Bathrooms (<http://www.yell.com/plumbers/blog>)

How to stay cool this summer

Posted by [Your Home](http://www.yell.com/plumbers/blog/author/yourhome/) (<http://www.yell.com/plumbers/blog/author/yourhome/>) in [Hints and Tips](http://www.yell.com/plumbers/blog/category/hints-and-tips/) (<http://www.yell.com/plumbers/blog/category/hints-and-tips/>) on **July 7th, 2010**



(<http://www.yhmag.co.uk>) (<http://www.yhmag.co.uk>) Ian Penfold, architectural manager of Solar Gard, gives us his top green tips to stay cool this summer, which avoid using air-conditioning and energy-guzzling fans:



Stay cool this summer

Use sun-protecting window film

As window film rejects up to 75% of solar heat, buildings and cars stay cooler – without the use of air conditioning. The best window film vendors are also registered as Carbon Negative, which emphasises their dedication to reducing CO₂.

Turn off your appliances

Leaving appliances, such as your television or computer, on standby can use almost as much energy as when they are switched on. This creates unnecessary heat in the home and contributes substantially to your overall energy bill.

Turn the lights out

Keeping lights off and curtains closed will ensure that your home is significantly cooler when the sun finally sets for the day.

Plant shrubs

Tall, leafy plants outside – and even indoors – are an excellent source of shade and an eliminator of carbon dioxide, offering a solution that is both environmentally and heatwave-friendly.

Make use of water

Carry a bottle of water with you everywhere to stay hydrated, and have bowls of water in the home – the evaporation of these helps to cool the air. Also, placing your feet – the sweatiest part of your body – into water throughout the day will help to regulate your body temperature.

Wear lightweight clothing

Wearing lightweight clothing, such as linen, will leave you feeling less overheated when exposed to high temperatures. Choosing white clothing is also a very good way to reflect, rather than absorb heat.

Use a hand-fan

Use a hand-fan, rather than a battery-powered or electric fan, to make sure you can cool yourself down when the sun comes out.

Use a parasol

Staying under a parasol in the heat keeps you constantly in the shade, and can also be a cool fashion accessory in the summer months.

Visit www.yhmag.co.uk (<http://www.yhmag.co.uk>) for advice and tips on a wide range of topics

For more information on Solar Gard visit www.solargard.co.uk (<http://www.solargard.co.uk>)

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