



Notice

Since the production of this document, Solar Gard has been purchased by Saint-Gobain Performance Plastics Corporation. Solar Gard is now a subsidiary of Saint-Gobain. All references within this document to Bekaert, Bekaert Specialty Films or Bekaert Specialty Films LLC, including but not limited to legal notes, copy and or copyrights are null and void. All rights and responsibilities expressed or written within this document have been transferred from Bekaert Specialty Films, LLC to Saint-Gobain.

Saint-Gobain Performance Plastics
Unit 13, Ball Mill Top Business Park
Grimley, Worcestershire WR2 6LS
United Kingdom
Tel: +44 (0) 1905 640 400
E-mail: solargardukinfo@saint-gobain.com
www.solargard.co.uk

25% OFF
FRAGRANCE OF THE MONTH
JULY - Sparkling Lemon

YANKEE
CANDLE
a passion for fragrance™

HOME | DIY | CRAFT | DECORATION & INSPIRATION | GARDEN | FOOD | SHOPPING & LIFESTYLE | COMPETITIONS

Search our store:

Search Powered by

SIGNUP

Shopping - Really Useful Guide

Get the Shopping feed ? What are feeds

How to stay cool this summer



The current sunny weather has been a welcome event, given the cold winter we've had to endure. However, finding ways to keep cool on long, hot summer days can be difficult for some.

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.

TOP TIPS TO 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.

For more information on Solar Gard visit www.solargard.co.uk

CHOOSE YOUR TEXT SIZE:

AND NOW PAY EASILY BY

[VIEW A DIGITAL SAMPLE](#)

JOIN OUR READER PANEL



If you would like to be on our reader panel submit your details here [click here to join...](#)

COMPLETE REALLY USEFUL GUIDE ARCHIVE

Select A Feature...

LATEST FEATURES:



How to stay cool this summer
Top green tips for how to stay cool this summer



Keep your home secure while on holiday
Use our handy checklist to help improve home security



New eco builds
We take a look at some innovative eco-friendly buildings

BOOKMARK THIS ARTICLE:

Digg This Story

reddit this!

Delicious [Delicious](#)

Stumble !!!

[Share](#)

[What is bookmarking?](#)

COMPETITIONS:



Give your garden a makeover
Win the ultimate gardening kit!



Win a colourful art print
Courtesy of All India Arts



Kick-off your summer
Win one of ten barbecue boxes

LATEST RECIPE:



Moroccan paella
Spice up your day with this delicious dish

SPREAD THE WORD:

Terms & Conditions | Privacy Policy | Website Disclaimer | Advertising Information | Contact Us | About Us | Other Publications

© Copyright Hubert Burda Media UK 2010



This site is best viewed in Internet Explorer 7+ or Mozilla Firefox 2+