

BEAT THE HEAT



to help in the hot weather

This document aims to give you advise on how to keep your homes cool during the hotter weather.

Keep your home cool



- ☉ Close curtains & blinds if possible and keep them shut during the day, especially on south facing windows. This can reduce indoor heat by up to 30%.
- ☉ Open windows at cooler times. Early morning and late evening are best. Create a cross breeze by opening windows on opposite sides of the flat. Please do not remove any window restrictors.
- ☉ Turn off heat producing appliances when they are not in use, such as ovens, hobs and tumble dryers.
- ☉ Use fans effectively. Try placing a bowl of ice or a frozen bottle of water in front of a fan for a cooling boost
- ☉ Keep internal doors open. This helps air move around the flat and prevents hot spots.
- ☉ Switch off unnecessary lights. Bulbs generate heat, so keep lights you don't need turned off.

Look after yourself








- ☉ Drink water regularly, even if you don't feel thirsty. Where possible, try to avoid alcohol and caffeine to keep yourself hydrated.
- ☉ Wear loose, light clothing. Cotton and linen fabrics will help your body stay cool.
- ☉ Take cool showers to help lower your core temperature quickly.
- ☉ Rest during the hottest hours - these is usually from 11am until 4pm. Try to avoid strenuous activity.

If your home gets too hot



- ☉ Visit a local "Cool Space". Libraries, community hubs, churches and council designated spaces often offer a safe, free and air-conditioned space to help you cool down.
- ☉ Sit in shaded outdoor areas. Parks and tree covered areas can be several degrees cooler.

Know the signs of heat exhaustion

- ☉ Heavy sweating 
- ☉ Dizziness or confusion 
- ☉ Headache 
- ☉ Nausea 
- ☉ Fast heartbeat 

If your symptoms worsen, this can become heatstroke, which is a medical emergency. Call 999 immediately.

If you need to contact us



General enquiries: **01202 410 500**

Emergency repairs: **01202 410 500**

Website: www.bcha.org

