SUMMER HEAT & ENERGY CONSERVATION: POWER DOWN & KEEP COOL AT WORK

Those hot summer days are just around the corner! Use these tips to stay cool, while keeping Western’s power draw and carbon emissions to a minimum.

- Dress appropriately. Wear lightweight clothing, taking into account required safety concerns in your work area. Consult with your supervisor when in doubt about acceptable attire.
- Hydrate! Drink water frequently throughout the day. Drink enough water so you never become thirsty.
- Drape a moist towel or cloth around your neck.
- Open a window if you can. Close the window at end of day for security and in case it rains.
- Take a break. Taking a break outside is a great way to catch a breeze, cool off, and appreciate the benefits of the sunshine, or take a break in an air conditioned space, such as Haggard Hall Library & Sky bridge, or the Viking Union.
- Unplug equipment when it is not in use. Computers and appliances add heat to the room, even in stand-by mode.
- Turn lights off when you leave a room. Especially when you leave to go home at the end of the day.
- Close the blinds to block direct sun and keep them closed when you leave for the day.
- Place a small fan where you can feel it. This provides more comfort for the electricity consumption.
- Turn off your fan when you leave the room—fans cool people by circulating air, but don’t reduce the temperature in a room.

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