



# Cool Tips To Beat the Heat



## Personal Cooling Pointers

Placing ice cubes or running cool water on your body's main pulse points (the inside of your wrists, back of the neck, temples, and behind the knees) helps your body's natural cooling system to work more efficiently by chilling the surfaces of the skin where blood circulates more closely.

Mist your skin. An inexpensive spray bottle filled with water makes delivering a cool mist to your skin easier. You can even purchase ones with a small fan attached for that extra chill factor.

Your feet are sensitive to temperature, so sleeping with a frozen water bottle or freezer bag at your feet can impact your whole body.

You can also put pillow cases or small blankets in the freezer for a few minutes right before going to bed – the coolness can lull you to sleep.

Consider rice as an alternative to ice – place white rice in a clean sock, freeze it and use it as an ice pack that moulds to your body – no leaks and reusable.

And very important, your body will feel cooler if properly hydrated so try adding things like cucumber, citrus or mint to make your water intake more interesting and refreshing.

## Outdoor Summer Heat Safety

Plan for and take regular breaks of at least 15 minutes for every 2 hours of work. It's important to take time to rest and get out of the sun and heat.

Drink one cup of water for every 20-30 minutes working in the heat.

Avoid drinking caffeine or eating sugary items as they increase dehydration.

Wear light colored, light weight, loose clothing or moisture wicking fabrics. And don't forget a hat.

Plan and take a well-deserved break in the hottest part of the day.

Check to determine if any of your medications might make you more susceptible to heat stroke and adjust your work accordingly.

Know the symptoms of heat stress (dizziness, blurred vision, difficulty focusing, excessive sweating and fatigue) and take action immediately by removing yourself or an affected co-worker to a cool location. Take time to properly rest and drink plenty of water.

You can't beat the heat, but you can work safe!

For power outages, emergency power troubles and service requests, contact the distribution system operator for FENN REA: **ATCO Electric**  
Phone toll-free: 1-800-668-2248

**FENN REA**  
Box 31, Fenn, Alberta T0J 1K0  
Phone: c/o Philip Jarmin,  
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**Battle River Power Coop**  
Member Care & Billing  
Box 1420, Camrose AB T4V 1X3  
Phone toll-free: 1-877-428-3972  
Email: brpc@brpower.coop  
www.brpower.coop

# Tricks to keep your house cool



- 1 Run the clothes dryer at night to prevent heat buildup in the day.
- 2 Choose the microwave, slow cooker or barbeque over your stovetop or oven. Consider recipes that don't require any cooking.
- 3 Keep the hot air out during the day. By shutting all windows and doors you can keep hot, humid outdoor air from entering the house.
- 4 Close all blinds and curtains during the day to keep sunlight out and/or reflected away. Consumer Reports notes that neutral-toned curtains with white plastic backings are best for reflecting away sunlight. These curtains can actually reduce heat gain by up to 33 percent.
- 5 Close off unused rooms to conserve energy. If your entire home is not being occupied at the moment, take a few minutes and close the air vents inside the unused rooms. The doors should also be closed to these rooms to conserve energy and force the cool air to stay in the occupied areas. This technique can sometimes lower the ambient temperature of your home a few degrees (or more).
- 6 Let out the heat in your home by opening your windows in the evenings and overnight. Leaving them open overnight will allow the cooler outside air to flow in and prevent your home from getting stuffy.
- 7 Create a cross breeze. Fans don't necessarily make your home cooler since they essentially push around hot air. But if you set up a cross breeze in your home using two fans, this could make you feel more comfortable in warmer temps. To create a cross breeze, set up two flows of air — one to blow cool air and one to pull away hot air. This will also prevent your house from getting stuffy.
- 8 Consider using your kitchen exhaust fan and/or your bathroom fan to remove hot, humid air from a room.
- 9 Avoid keeping on excess lights. While this may seem obvious, turning lights on when entering a room becomes a habit, so don't flip the switch in hot weather.

## Regulated Rate Option (RRO)

The RRO rate may increase or decrease from month to month as it is priced on the open market and subject to many factors relating to supply and demand. If you do not have a contract with an electricity retailer, then you receive the default RRO rate.

For June 2021, the RRO is priced at \$0.07665 per kWh, which is reflected on your enclosed bill. For July 2021, the Battle River Power Coop monthly RRO billing rate for FENN REA members is \$0.10123. The RRO rate is also listed on [www.fennrea.com](http://www.fennrea.com).

Members are free to purchase electricity services from a retailer of their choice. For a list of retailers, visit [ucahelps.alberta.ca](http://ucahelps.alberta.ca) or call 310-4822 (toll free in Alberta).

Information on FENN REA's Code of Conduct Compliance Plan can be found on our website: [www.fennrea.com](http://www.fennrea.com)