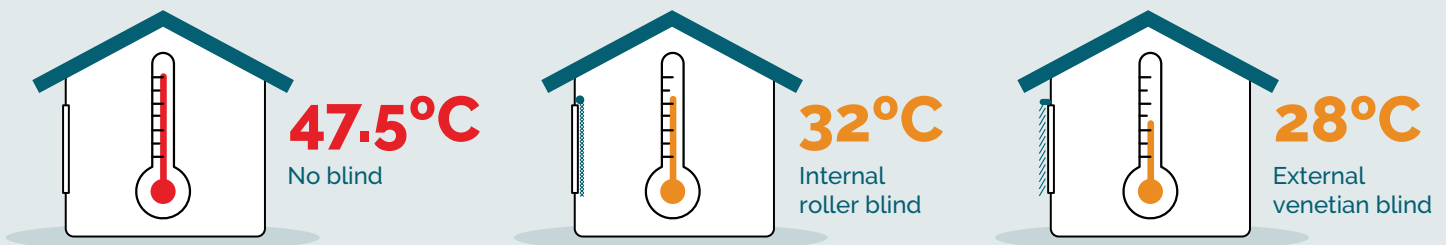


Beat the heat with shading



The Blinds Make Better campaign is committed to helping people discover how shading can help keep their homes cooler in the summer months.

Housing is becoming better insulated and more air-tight to help conserve heat in the winter, but the unintended consequence of this is overheating in the summer.



An independent study supported by the BBSA at a block of London flats proved that both internal blinds and external blinds were effective at reducing internal temperatures. (There was limited ventilation in these flats to help vent the unwanted heat).

The Chartered Institution of Building Services Engineers recommends that temperatures should not exceed 26°C.

Top Tips to help reduce overheating

- ✓ Use automated shading so it's in the right position at the right time.
- ✓ Consider installing external shading first - it stops most of the heat before it gets to your window.
- ✓ Ensure shading is lowered during the hot part of the day.
- ✓ Choose internal shading with reflective backings to help reduce overheating.
- ✓ Open windows (if it is safe to) when the air feels cooler outside than inside, for example at night, to try to get air flowing through your home.