

JCP&L Tips to Beat the Heat

When summer temps rise, so does electricity use as air conditioners, refrigerators + other equipment work harder to keep us comfortable. You're encouraged to conserve energy during this weeks heat. Here are some simple tips:

Heat waves can stretch our comfort – and our electric bills. Here are some simple tips for using electricity wisely when demand is high:

- Set your thermostat as high as comfort will allow, and use fans to stay cool. For every degree you increase the temperature in your home, you can decrease energy use by about 3 percent.
- Draw blinds, shades, or drapes to block the sunlight during the hottest part of the day, especially on south- and west-facing windows.
- Preset your programmable thermostat to keep the temperature in your home higher while you're away, and to reduce the temperature before you arrive back home.
- Only operate fans and window air conditioners when someone is in the room.
- Keep refrigerators and freezers as full as possible. Frozen or cold items in the refrigerator help keep other items cool, so your refrigerator won't have to work as hard to maintain temperature.
- Close rooms that aren't used regularly during the summer. Close the air conditioning vents in those rooms, as well.
- Avoid using heat-producing appliances during the hottest hours of the day. The less heat produced in the home, the less work your air conditioner will have to do.
- Check air conditioner and furnace fan filters. Clogged filters waste energy and money by forcing HVAC systems to work harder than necessary.
- Avoid unnecessary power use by turning off non-essential lights, appliances and electronics.

Additionally, consider investing in ENERGY STAR® appliances or HVAC systems. These units use less energy than those that meet federal standards. FirstEnergy's utilities [may offer rebates](#) on these purchases, and tax deductions may apply, as well.

Stay Safe During Hot Weather

Your primary concern during a heat wave should be to take proper health precautions. Take these steps to keep your family and friends safe:

- Have basic emergency supplies on hand, including extra bottles of water.
- Consider the impact of heat on your activities, especially during the hottest part of the day.
- Drink plenty of water; dehydration is a primary health hazard during severe hot weather.
- If air conditioning is unavailable, go to a cooler location, such as a basement. Some communities also offer cooling stations at public facilities.
- Check on seniors or those living alone who may have difficulty in hot conditions. Make sure they are also drinking plenty of water and staying as cool as possible.

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