Ventilation

When it’s Hot outside:
shut doors, windows & vents
- if they let in hot air

When it’s cool outside:
Open windows, skylights, vents
at bottom & top of house
or across your home

for a single-aspect flat:
a fan may help
Security for Night Cooling
Look for **Secured By Design**

**Ventlock** for Sash windows

Do you have a problem with external noise or pollution?

Secure:
- Side hung
- Top hung
- Tilt & turn

Poll
Insulation
Lofts, Roofs, Walls

Slate roof surface at 74.4°C

Hot pipes, tanks

Multifoil insulation
Thermal mass  Brick, stone, concrete
Steadies the temperature

Solid Wall Insulation

External Surfaces

External  |  Internal

Thermal mass inside

48.3°C  7.5°C cooler
Accidental Heating

What’s missing?
Efficient appliances & Tech

Energy labels

Find efficient appliances & Tech

and switch them off when not in use....
Personal Cooling

- drinks, cool showers, fans, spray
- loose, light clothes
- ‘hot’ water-bottle in the freezer
- consider sleeping where it’s cooler
- beware heat exhaustion/ heatstroke
- avoid going out, exertion at midday
- look out for your neighbours: old, young, vulnerable
Mark Brinkley’s self-build

Tues 23\textsuperscript{rd} June 6:30-7:30pm - Free Registration

• low G glass to avoid summer overheating
• MVHR for filtered fresh air: auto summer bypass
• 3.5 kW PV : excess electricity to hot water heating
• Low Energy Building Standard – “Passivhaus-lite”
More Online tours

Sept - Oct

More Webinars soon:

Better Insulation
Heat pumps

Thermal Imaging training, loans:
Autumn??

Resources:
Staying Cool in a Heatwave
How to Keep Cool in Summer

CCF online resource
Transition Cambridge
Enjoy the hot weather

Pls write in Chat: something good & something to improve

Donations: cambridgecarbonfootprint.org/donate

Thanks for taking part,

Tom Bragg  
Margaret Reynolds