

SURVIVING THE SUMMMER HEAT



ONE  **HOUR**
HEATING & AIR CONDITIONING[®]
Always On Time...Or You Don't Pay A Dime![®]



WE LOVE SUMMER!

Who doesn't love spending the day outside when the sun is shining and the warm temperatures come in? But, we also know there are few better feelings in the world than walking in to your air conditioned home after being out in the heat a little too long.

We want to make sure you enjoy your summer to the max! That's why we've pulled together some tips to make sure you can enjoy the season, no matter how hot it gets outside.

STAY SAFE DURING SUMMER HEAT WAVES

We love a good sunny day, but sometimes in the summer it's just too hot. When sweltering temperatures come along, it's fine to get out there and enjoy the sunshine, but it's important to make smart decisions.

Extreme heat can quickly make a stricken person turn ill and is even the leading cause of weather-related death.

If your area experiences any intense heat waves this summer, keep the following tips in mind to stay healthy and cool.



CHECK LOCAL WEATHER REPORTS DAILY

Any time there is a heat advisory, make a point of limiting your time outdoors and taking extra precautions when you do venture out into the heat.



MAKE A POWER OUTAGE PLAN

If your air conditioning is out, temperatures in your home can reach dangerous levels during the heat of the day.



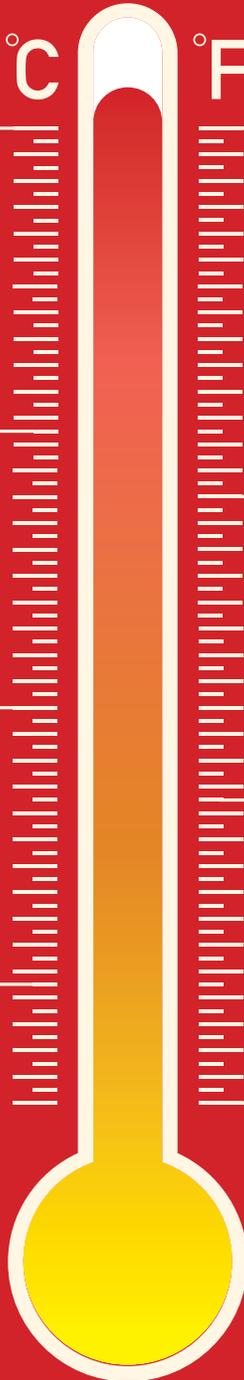
DRINK PLENTY OF WATER

When summer heat makes you sweat, you have to drink more than usual to stay cool and replace those fluids.



DRESS FOR THE WEATHER

Shorts, skirts, short sleeves, and loose-fitting clothing will all help you stay cool, but even more important is that you wear lighter colors more than dark colors, which absorb heat. When you expose more skin during your summer outdoors time, be sure to wear sunblock and reapply it regularly.



MAINTAIN YOUR AIR CONDITIONER

If you didn't schedule a tune up before the beginning of summer, it's better late than never. **Proactive service** will help you avoid sudden breakdowns and catch small problems before they turn into big ones.



NEVER LEAVE ANY LIVING BEING IN A HOT CAR

Children, pets, and everyone else must exit the vehicle after it has been turned off. Cracking the windows won't make it safe; even a couple of minutes in a hot car can present a serious health risk.



CARE FOR YOUR PETS

Make sure they have access to fresh drinking water and shade at all times. If your pets usually stay outdoors during the day, consider bringing them inside when the temperatures rise.



LEARN THE SIGNS OF HEAT-RELATED ILLNESS

Know what to do or who to call if someone around you succumbs to the heat. You can read up on heat-related conditions, symptoms, and treatments on the [Centers for Disease Control and Prevention Website](#).



Don't take any chances with your hydration, your air conditioner, or your health. Stay cool, drink up, and contact the in home comfort experts at your local [One Hour Heating & Air Conditioning](#) if you need emergency repairs or are overdue for routine maintenance.

WHY IS MY SECOND STORY HOTTER THAN THE GROUND FLOOR?

We all know that hot air rises, and that's a key factor in a common household HVAC problem: a second story that's hotter than the first floor. But it's far from the only factor, and a close examination of your home and HVAC system could help you alleviate this costly and uncomfortable summertime problem.

Let's take a look at some of the other major factors that can contribute to this issue:

THE FOUR FACTORS

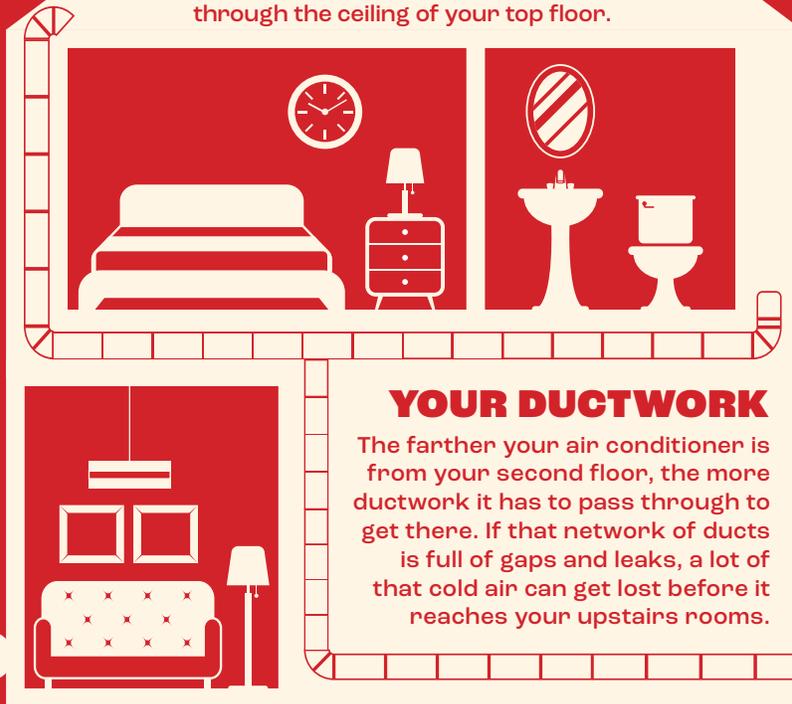
YOUR AIR CONDITIONER

- Any time there is a heat advisory, make a point of limiting your time outdoors and taking extra precautions when you do venture out into the heat.
- It could also be related to overdue maintenance or a broken part.
- Your air conditioner could be too small for your home



YOUR ATTIC

On a hot summer afternoon, your attic can fill with superheated air. And if that happens, you'll need a strong barrier of insulation to keep that heat from radiating through the ceiling of your top floor.



YOUR DUCTWORK

The farther your air conditioner is from your second floor, the more ductwork it has to pass through to get there. If that network of ducts is full of gaps and leaks, a lot of that cold air can get lost before it reaches your upstairs rooms.

YOUR TREELINE

This isn't a factor with all homes, but if your multi-story home is surrounded by young trees, you could be getting lots of shade protection on your ground floor windows and lots of direct sunlight pouring in upstairs.



Figuring out which one of these factors is affecting your comfort, or whether it's a combination of factors, is much easier said than done.

If you need help finding the answer and fixing the problem, reach out to your local [One Hour Heating & Air Conditioning](#) today.

BEAT THE HEAT WITH THESE TOP SUMMER TIPS

To make sure you and your family stay cool all season long, the trusted professionals at **One Hour Air Conditioning & Heating** offer these suggestions to help keep your cooling system operating at peak performance during the hottest months of the year.

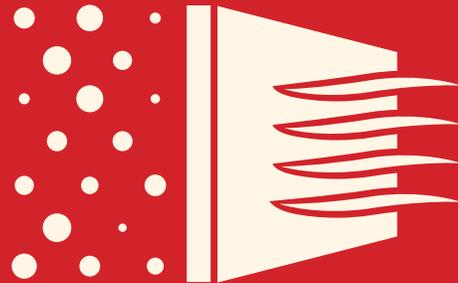
PREPARE FOR SUMMER STORMS

Summer often brings an increase in storms. Make sure your gutters are cleaned and your downspouts are extended to take water away from your home. Your walls can absorb this extra moisture, which can lead to an increase in humidity inside. Many people lower their thermostats to combat humidity. This can mean more energy use and higher utility bills. Some simple maintenance outside can help your air conditioning system inside.



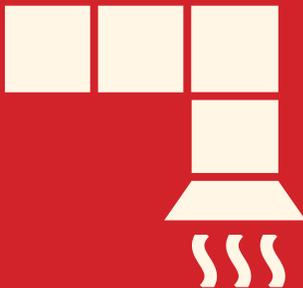
CHANGE YOUR FILTER.

Change your air filter as required by your system's manufacturer. You can change it more often if you have pets or respiratory concerns. A dirty air filter makes your system work harder and not as efficiently as possible. This can also increase your energy use.



DUCTS

The duct system carries air from your air conditioner through the walls and ceilings into each room of your home. Leaking ducts can be expensive. According to Energystar.gov, leaky ducts can reduce the efficiency of your cooling system by as much as 20 percent[1]. Sealing and insulating ducts can increase the efficiency of your cooling system because you are not paying to cool air that you are losing.



SEASONAL SERVICE

With the exception of replacing your air filters, there are no consumer serviceable elements of your heating and cooling system. We recommend finding a trusted professional to regularly maintain this big investment. A professional can clean your system and check that the essential components are working properly.



The professionals at **One Hour Heating & Air Conditioning** will be here for you all summer. If you run into any HVAC troubles, just give us a call at 855-ONE-HOUR.

WE KEEP CUSTOMERS COMFORTABLE WITH RELIABLE AC REPAIR, MAINTENANCE, & INSTALLATION!

Your air conditioner has an important job: keeping you and your family comfortable indoors. When an air conditioner breaks down, it can be as expensive as it is frustrating. At [One Hour Heating & Air Conditioning](#), our team takes the frustration out of air conditioning repair, installation, and maintenance.

Every **One Hour Heating & Air Conditioning** location is independently owned and operated so you can be certain that you're getting a local expert. We'll arrive at your home on time and work with your needs, preferences, and budget to make sure that you're completely satisfied with our work! Every job by **One Hour Heating & Air Conditioning** is backed with the UWIN Guarantee. We also value your time as much as we value our own. So, if we don't arrive at your house when you expect, we'll pay you back. With us, there's no more waiting around all day for an HVAC technician to arrive at your home!

AC REPAIRS

If your air conditioning is not working correctly, we'll come to your home and diagnose the problem quickly. If a repair is the best option for you, we'll make sure it is done quickly and correctly. **One Hour Heating & Air Conditioning** locations make sure that their vehicles are well-stocked, so many repair jobs can be accomplished on the same visit as the estimate!

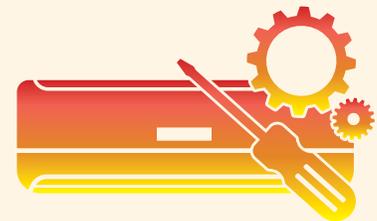


AC INSTALLATION

Sometimes an old air conditioning unit needs to be replaced for cost, efficiency, or other reasons. However, choosing an air conditioner is never a one-size-fits-all situation. Our AC pros come to your home to determine precisely which air conditioner will work best for you. We'll always work with you to consider your budget, preferences, and other factors important for you and your home's comfort.

AC MAINTENANCE

Maintaining your air conditioner is important because it can help your unit last longer. In fact, the U.S. Department of Energy estimates homeowners could make their unit between 5 and 15 percent more efficient just through regular filter replacements! Additionally, some manufacturer and repair warranties require annual system maintenance to remain valid. We offer a range of annual maintenance plans to fit various budgets and needs. Our plans also include member perks, such as priority service and discounts on products and repairs.



WHEN YOU NEED RELIABILITY, CHOOSE ONE HOUR HEATING & AIR CONDITIONING

At **One Hour Heating & Air Conditioning**, we've built our entire business around the idea that our customers deserve the best possible treatment, starting with trustworthy technicians. In many instances, local One Hour locations are owned by technicians who have been serving and building trust with their local community for decades.

Every one of our technicians is licensed, qualified, and receives regular training to stay up-to-date with the latest developments and products in the industry. We want you to be happy, so we back all of our work with a third-party guarantee. This way, you can be certain that we are accountable to provide a high level of service on every visit.

Our HVAC pros are ready to keep your house comfortable and prolong the life of your AC unit. [Visit us today](#) to request an appointment with our team!