Florida Air Services, Fort Lauderdale's Residential Air Conditioning Services Company Presents 25 Ways to Beat the Heat

Don't we all love the summer? So many fun things to do. Not cooped up inside any longer. We're going to have some fun. Even here in South Florida, we still have fun in the sun. The only problem is we have more sun than most and, sooner or later, we're going to have too much and will need some relief.

For over 20 years, Florida Air Services, Fort Lauderdale's residential air conditioning services company has been helping folks in the Fort Lauderdale area and all of Broward & Palm Beach Counties to beat the heat. They install and service all of the best AC systems in the area, insuring that Fort Lauderdale customers enjoy comfort all year long.

If your AC or the power goes out, as it seems to do often in Florida, you may need to be aware of other ways to beat the sun, with or without your AC. Here's some help.

Tips to beat the heat from Fort Lauderdale's refrigeration services company

Desert Tip-If the outside air is dry and cooler than the inside air, put a damp sheet in the window. When the breezes come through the window, the damp sheet cools them.

Close the blinds and curtains -You can cut the amount of heat coming in by 45%.

Clean and replace filters-Once a month, clean or change those filters. Seal cracks around window units for better efficiency.

Make you own AC-Put some ice in a bowl and set it in front of a fan. Ah! Cool!

Shut the fireplace damper-When the AC is running, shut the damper. When it's open, it's pulling hot air in instead of sucking it out.

Shut everything down-Regardless of whether the AC is running or not, close all the windows and doors if the outside temperature is 77° or higher.

Fan at night-If the temperature is below 77° at night use a fan to suck the inside hot air out, rather than pulling it in.

Squirt Yourself-Put a spray bottle in the fridge and when you get too hot, pull out the bottle and squirt yourself. It will cool you instantly.

Use the bathroom vent-When in the shower, use that vent. It helps to get rid of that icky moisture.

AC & fan simultaneously-You'll feel cooler and you can run the AC at a lower level.

FlyFan-When you're working on your computer, plug a FlyFan into a USB port and direct the breeze toward you. Cool!

Put your computer to sleep-when you're not working, let it go to sleep. At night, cut it off when you sleep. And don't work on your laptop on your lap. It's too hot. (That's why they changed the name to notebook.)

Air Dry-Forget the drying cycle on the dishwasher. Let the dishes air dry. And wash them at night when it's cooler. Or how about washing them by hand?

Wick away the sweat- Wicking clothes aren't just for sports. They can wick the moisture from your skin right out to the air. Also loose clothing helps for evaporation.

The Spice of Life-Folks in South Florida know that when you eat hot spicy stuff, it cools you down. You briefly sweat, but then you cool down for relief.

Go Barefootin'- If you get rid of your shoes, it cools the blood in your feet, which causes you to feel cooler overall.

Eat a salad-It's easier to digest than a fat hamburger. Fruits and veggies are watery and keep you cooler.

Drink up-As you sweat during the day, your body looses water and your body temperature goes up. So you need to replace that water loss to keep your body cool. Also avoid caffeine and alcohol and stay away from that sugar. Have a smoothie and veggies for lunch, and watermelon for desert.

Change the lights-or, at least change the light bulbs. Go for fluorescent bulbs. They produce 70% less heat.

Shut down the oven-During the summer, just use the cook top, or the microwave, or a barbecue. And while you're cooking, grill some extra vegetables that you can use the next day for some cool snacks.

Make a cold compress-Find an old cotton sock and fill it with rice. Freeze it for two hours then take it to bed with you. You'll sleep cooler.

Don't use the clothes dryer-Put up a clothesline and let you clothes and sheets fly in the breeze. They'll smell a lot better.

Cool your mind-If you read about cold, it can take your mind off the heat. It's kind of like self-hypnosis.

Put your wrists on Ice- Believe it or not, if you place ice on your wrists, your whole body will feel cooler. It really works.

Hot tea- Yep-drink hot tea to cool down. Cool tea won't do it. Just watch what folks in warmer climates do.

Bandanas-Tie a bandana around your neck and it really cools you down. Using it as a headband is also a great idea because it prevents the sweat from your forehead. Why do you think they're used so much on Fido?

Wear a hat-You'll feel cooler and you'll block those harmful rays from the sun. Also an umbrella could do the same thing.

Stay inside in the middle of the day-From 12-4 go inside. Eat lunch or take a nap. Just stay inside.

Slow down-During the heat of the day, don't get so active. At that time, just chill for a while.

Take a shower- During the hot periods of the day; it 's a good time to take a shower, if your schedule permits. It'll cool you off.

Play in the water-This is a good time to go to the beach, or a water park, or just to play in a sprinkler.

Summer in Florida can be overwhelmingly hot. Our residents need extra knowledge about how to deal with our heat. If we aren't smart about our Florida summers, we could be the victims of heat stress, heat stroke or heat exhaustion when your body is unable to cool itself down. Follow these hints and enjoy your summer in South Florida.