

PPL Electric Utilities Shares Tips During Summer's First Heat Wave

Hot and humid conditions are expected across the state this week. And while electric usage rises sharply with the extreme heat, PPL Electric doesn't expect any problems meeting the increased demand. The utility's system is well maintained, and they closely monitor system conditions. In addition, the regional grid operator, PJM Interconnection, reports power supplies are adequate to meet projected demand.

PPL Electric offers these tips for customers to save energy and money while still staying comfortable during extreme heat.

- Make sure drapes and shades are pulled down during the day to block the hot sun.
- In the summer, most people can be comfortable wearing light clothing and a thermostat temperature setting between 72 and 78 degrees. You will save energy for every degree higher you can set your thermostat. The federal Department of Energy recommends 78 degrees.
- Minimize the use of heat-generating appliances like dishwashers, stoves, washers and dryers during the warmest hours of the day. Incandescent light bulbs also produce heat, so switching to cooler and more efficient LED bulbs is a smart choice.
- Ceiling fans are wonderful to have for air movement, and they are economical to operate. It costs much less to move air than to cool it. But use ceiling fans only in the rooms that will be occupied. Using a ceiling fan often lets you raise the temperature setting on your thermostat by one to three degrees.

PPL Electric urges customers to stay safe in extreme heat situations. Find a cool place, drink plenty of fluids, stay informed, and check on elderly family members or neighbors.

- Take measures to avoid heat stress or illness and keep your homes cool. During periods like this, air conditioning is a matter of health and safety, not only convenience and comfort.
- According to the U.S. Centers for Disease Control and Prevention, the primary way to prevent heat illness is with air conditioning.
- If you don't have air conditioning, the CDC urges you to seek out cooler places — shopping malls, libraries or public cooling centers — to avoid the heat.
- The CDC also advises people to wear appropriate clothing and drink plenty of cool, non-alcoholic beverages as part of increased fluid intake.