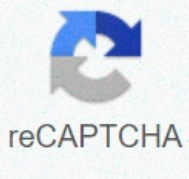




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Air conditioning contractors of america manual d

Air conditioning contractors of america (acca) manual d.

There are many ways to cool down, in addition to the air conditioning, during the warm weather. ryan mcguire, BB-CC-SA 3.0, via pikabay is a hypothesis that people living in warm climates need air conditioning (AC), that most people do not think twice to turn it on. some people leave it all day and night when it is hot. but, contrary to expectations, you can keep your house cool during the summer months without using air conditioning. I was in the middle of writing an article the other day, when all the electricity in the house turns out. I got up and I went out to see what the neighbors were doing. No electricity anywhere. inside, I pulled out the battery camping lanterns and found out they weren't working, so I lit candles. Today I heard the governor newson (california) say that the phenomenon was state level. He arranged a team to find out what caused it. Apparently, both people and businesses were oando much more electricity than the state could provide at that time. Gavin immediately started working with the shipping doors and the largest single-user companies to help them install back-up generators for the or during peak hours, which are 3:00-10:00 p.m. asks the public to keep the energy, in those times, especially the oo of air conditioners. My air conditioner. It works well, when I oo, but it's noisy. I have a bedroom like this. susette horspool, CC-BY-SA 3.0How to minimize the air conditioners' ooo had already understood how to minimize the need for air conditioners, due to high electricity bills were. last year, when temperatures ranged between 90 and 105o f, I oated only 119 kwh per month on average, in decline substantially from the previous year. the house of grandmother in which I live is 1100 square meters. has two window air conditioners - one in the living room, the other in my back bedroom. last summer I oato the living room air conditioning twice in four months for about an hour each. I oato the bedroom A/C only three times, for about 20 minutes each. This is what worked to cut heat for me: Create shadow paint a white roof installation of heavy canvas drapes using my ceiling fan set a cross-breeze at night closing doors between the rooms spray windows switch from cooked foods to salads taking care of my body as you can see, it is a mix of practices that become easy habit after a while, as a natural part of everyday life. Some of these things you probably figured out on your own, others don't. everyone works to lower the heat a bit and, taken together, to lower it a lot. I go to each one, one to one. the trees of shadowslarge to reduce heat inside a house, but the best place to plant them is on the south side. This oak is in the southeast, so it helps. The back one's on the west side of the house. Susette Horspool, CC-BY-SA 3.01—Install Shade Trees and Awnings The south side of a building is its warmest side. This is whythe sun moves from the east, when the air is cold in the morning, to the west, heating the air more and more with the passing of the day. The south side is warm both at noon and in the afternoon. For about four hours the walls and roofs of the house warm up on that side, and the sun beats through the windows to heat even what is inside. Where I live, the hottest time of the day is usually 15:00-16:00, after which the sun begins to trampolines west and the air starts to cool again. Shaded trees and high bushes block the rays of the sun and, since they breathe (sudore) in heat, they also have a cooling effect. If you don't have trees yet and you can afford only one or two, plant them both on the south side of the house. As they grow, you might want to buy sun curtains or extend the roof to partially shade the windows on that side. I have a plum tree on that side, but it's not high enough to shade the roof yet. This extension of the roof was built on the house, but you can also buy sun curtains to mount. They need to protect the house from the sun and rain. Susette Horspool, CC-BY-SA 3.02»Painting the roofOne of the first things I did during the summer in which I moved was strolling in the «sunroom» to see what caused the heating of the house. I heard the heat radiate down from the ceiling and secondly from the large windows on that side. The solution was almost a hit of luck, but very welcome! The church I frequent painted one of its roofs with white paint, asserting that it would deviate the rays of the sun and reduced the heat down. I was aware of this because I preside over an environmentalist group that helped pay him. Many months later, my hostess told me that she was painting the flat part of my roof to avoid leaks in the rain. It happens to be the south side. Then he started apologizing because the paint would be white, but he reassured me he wouldn't see it. Turns out he didn't realize that a white roof would also lower the heat. Sure, as soon as the roof was painted white, the ceiling stopped radiating heat. Then I faced the windows.3 "installing heavy TellI looked on Amazon.com for heavier curtains to replace the light ones that were on that window when I first moved in. The light ones didn't fit the window anyway, so I looked for something that fits better, it worked for my purposes and it was aesthetically pleasing. Since it is a long window, I had to replace the auction as well. These off-white heavy canvas drapes I found doing the job. They block the heat, but let a beautiful golden glow of light pass during the afternoon. At night, I'm dark. I was surprised how much these curtains helped to lowerheat. They are also waterproof, so spraying them on the back doesn't hurt anything (see spraying section below).Horspool hangers, CC-BY-SA 3.04»Using a ceiling fanMy kitchen had already installed a ceiling fan. For a long time I didn't use it for two reasons: because it didn't seem to do anything good, and I didn't think it would make a difference. It turned out I didn't know how to use it in combination with other tools. Now I discovered that it helps to circulate and mix the colder air of the kitchen with the hottest air of the solarium, thus keeping both rooms at a decent temperature. It also helps to bring air from the outside when I have the open patio door. If I sweat even a little bit, it helps me cool. And it helps maintain the scented air and feel fresh, even with closed windows. I love this ceiling fan. It has three speeds and I use them all, both to cool the house and to keep the fresh air. It's right above my kitchen table. Susette Horspool, CC-BY-SA 3.05»I stay the night breezeAppena before going to bed, open the windows on both sides of the house to get a transversal breeze. This way the house can cool down at night. I close the windows early in the morning to keep the night freshness as much as possible. In summer I also use different types of bed linen than the coldest nights. For cold nights I use flannel sheets with a duvet above. For hot nights I use 100% cotton or linen without cover or only a light blanket on top. It makes a big difference in the ability to sleep at night.6» Close Doors between RoomsIf you have a hot side of the house, but spend most of the day in the cool, it is a good idea to close all the doors in the middle. This will prevent heat from migrating to the cold side. During the night it is possible to ope the interior doors to circulate the air. These are standard practices, not particularly unique and which ensure operation. There is another practice, however, that I developed alone, and that removes the last hot water thread: spray water.7 spray windowsThis practice proved very effective on warmer days. Based on the fact that the water takes heat to evaporate, which then cools the air, I started spraying the windows on the warm side of the house. In other words, I spray water between curtains and windows, so that the windows cool, instead of heating the room. First I spray the windows, then I spin the spray and spray the back of the curtains. This makes the entire space between the curtains and the window filled with moisture that can evaporate, taking the heat with it. It works!Susette Horspool, CC-BY-SA 3.08»Change to the summer dietThe two major electric pigs, by far, are heating and cooling. During the warm months, it is advisable to minimize the use of the stove, using the stove to heat the kitchen and the adjacent rooms. The cooked foods also have a warming effect on the body, as can anyone drink hot coffee on a hot day. When I changed my diet with cold drinks and salads, it made the difference. I found out a lot ofThat I had never eaten or to whom I didn't even think. thought. what I eat now during the summer: Meat salads: Smoked salmon, chicken, tuna Salads of beans in canned or sprouted — peas with black eye, lentils of pork, black beans Vegetable salads — vegetable salads — meat salads, cauliflower, carrot salads Smoked maize and sprouted fruit salads — corneal, quinoa, rice salads There are also jelly salads, for those who love a lot of sugar. These are just some of the choices available for salads that do not require cooking. (The vegetables are just a mix of cold ingredients.) Not only did I get surprised how these foods helped keep my body fresh, but also how much healthier I felt - a double/triple advantage not to cook. One of my favorite dishes is fruit salad with a stone fruit (such as nectrine) mixed with a few different berries, with a little added coconut, and some nuts. I moist it with a little fruit juice or sometimes yogurt, and I break it with cinnamon and nutmeg (or cloves). When I eat it at night, it cools me and it's easy on my stomach. It helps me sleep. This delicious lentil salad was prepared and photographed by my sister, who is also entering summer salads. Katherine K Howe with permission. CC-BY-SA 3.09—Attend to Body Comfort There are several things I do with my body to cool it: Wear clothes that are loose fitting — such as muumuu, African style dashikis, thin a-line dresses, or tunics with shorts or full skirts. Men can wear loose shirts or dashikis with low lung linen pants and loose. To avoid thermal eruption, I don't wear anything that cynchos to life, not even loose pants. Wear clothes made of light and natural fabrics - cotton, linen, hemp, nothing with polyester (plastic or plastic). Polyester sticks to the body, and smells bad when mixed with the natural perfume of the body. Take my hair off my neck. I could cut it short, but choose to wear it. I have a couple of clips and some horsetail bands I bought at Target. Boys with long hair can wear a man-bun. Go barefoot— Hot air salt and cold air sinks. I noticed that when I'm cold during the winter and I put on warm socks or slippers, my whole body warms up. The same applies to the contrary. When I walk barefoot, the coldest air at my feet cools me. Human beings are unfortunately known to put personal interests above the needs of the planet. Fortunately, in this case, I know that getting cooled to lower the electricity bill also helps the planet. I wear it a lot when it's hot. It has loose trousers combined, but when temperatures are higher than 90o NonHe likes to wear them. With the fringe on the bottom, this top covers enough. Susette Horspool, CC-BY-SA 3.0Global Warming & air conditioning According to Inside Climate News, the use of domestic air conditioners is multiplying by leaps and bounds. Only window units are expected to more than triple worldwide by 2050. Unfortunately, this is The problems we are having with global warming. The first problem is that the air conditioning uses so many electricity - which has still created, in most countries, using coal and other fossil fuels. The second problem is that the air conditioners use the hydrophlourbone microphone (HFC) to cool the air, and that stuff is a climate pollutant many times stronger than carbon dioxide. We realize that carbon dioxide, in sÀ ©, is not so bad. But in a healthy atmosphere, the quantity of CO2 is balanced with a series of other gases, in particular oxygen, and when it comes out of balancing (as it is now) there are problems (as there are now). Methane and HFC. Do it a lot worse. Any type of refrigeration - both in your car, your home, food trucks or office buildings - pollutes the air with HFCS. So it helps the earth and our pocket for us to use it as little air conditioning possible. The steps that I outlined over work, but only when you apply them. If you've started, then everything you need is to add those you're not doing yet. If you haven't started, then do some every year to get used to it. And add other steps the following year. Here I am again. This is the annual greenhouse gas index put together by the NOAA. Note How global heating gases continue to rise. HFCLs from air conditioning are part of this increase. National Oceanic & amp; atmospheric administration, Public DomainComplete Routing-Down RoutineEITnether, this is the routine I use when I know one day it will be hot: open all the windows the night before to create a transverse breeze. Open The patio door and turn on the kitchen fan, until they are ready for the bed. Then close the patio door for safety. If necessary, turn on the A / C window in the bedrooms before going to bed, then switch to fans during sleep. Every morning, close all the windows and doors to keep the cold inside during the day. Once the sun is migrated to the south side (about 1:00 p.m.) Close the curtains on that side of the house. When it reaches about 82 Å ° F at home, it starts spraying between the windows and the drapery and rotate the high ceiling fan. Minimize cooking during the summer. Instead, make salads and cold drinks. Wear loose clothing, put your hair and go barefoot. This is all, people. This is everything you need. Make sure you drink a lot of clean water, so your body is hydrated, and all this set should keep your home fresh inside, even on the hottest days. It is so nice to know that you are helping to reverse global warming at the same time! If you have other techniques not mentioned here, please let us know. The living situation of everyone is different, so you may have thought of things I don't have, for the reading! Sustainable Sue (Author) from Altadena Ca, USA on November 18, 2019: Oh yes. There is also the patio on the south side to be cool. Good idea to hang "Vele" Frank! Frank Colcord on November 16, 2019: for additional shade in the summer months Hanging the triangular canvas "sails" from the edge of my roof at the top of the fence fence fence south side of the courtyard. It not only burns the walls and windows, but also my back patio, maintaining its heat absorption concrete slab from the afternoon sun. Suesustainable Sue (Author) from Altadena Ca, USA on November 13, 2019: Ciao Phil! «Thank you for reading. In response to your first question, you may have a problem with the mold if the air was wet. To the south-west the air is really dry, so the humidity on the tent and the window evaporates quite quickly. A reflective roof is actually required for all new constructions and major renovations in Los Angeles now, since 2014, and should not be white paint It just needs to meet the standards of fresh roofs established by the city. See here for more information. Https://www.ladbs.org/docs/default-source/publicat... Phil Griego on 13 November 2019: spraying, is there a danger of mold?, White roof, what if you put the reflective material on your roof? would be more effective than white paint? Your neighbors think you're crazy? Would you care? An attack exhaust fan would also help reduce heat radiation from the attic. Clive Williams from Jamaica on 12 November 2019: Very good and practical information Norton from Ontario, Canada on 12 November 2019: Thank you for that. We only depend on air conditioning these days and it is good to be remembered to its negative effects. effects.

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