

# Beat the Heat For Less

## **PPL Electric Utilities offers tips as mercury climbs**

PPL Electric Utilities

PPL Electric Utilities customers can follow low-cost and no-cost tips to keep cool for less as the first potential heat wave of the season descends on the region this week.

Temperatures are forecast to be near or above 90 degrees into the weekend.

“We’d like our customers to know there are ways to stay comfortable that will help keep their cooling costs down,” said Tom Stathos, director of Customer Programs and Services for the utility. “People say don’t sweat the small stuff. But when it comes to advice on staying cool for less, doing the small stuff is what counts.”

Cooling tips include:

- Close drapes and shades during the day to block the hot sun.
- Most people can be comfortable wearing light clothing and setting their thermostat temperature between 72 and 78 degrees. You will save energy for every degree higher you can set your thermostat.
- Minimize the use of heat-generating appliances like the dishwasher, stove, washer and dryer during the warmest hours of the day.
- Ceiling fans create air movement and are economical to operate. But use them only in rooms that will be occupied, since the fan cools your body by moving air over the skin and creating a wind chill. Using a ceiling fan often lets you raise the temperature setting on your thermostat by 1 to 3 degrees and still feel cool.
- If you don’t have air conditioning, use multiple fans with windows open to circulate air and be safe. Seek out cool places such as malls.
- Smart planting of trees and shrubs around your home also can help. Deciduous trees, those that lose their leaves in winter, can provide valuable cooling shade in the summer, but let the warm sun through in winter. In addition, evergreen trees and shrubs provide shade, but also serve to block cold winter winds. Visit [ppllectric.com](http://ppllectric.com) for tips on planting the right tree to avoid problems with power lines, as well as more tips, tools and programs that can help you save energy.

“With summer on the way, we also want our customers to be safe and remember to take steps to avoid heat-related medical conditions such as heat stroke, heat exhaustion and heat cramps. Be sure to know the warning signs and be able to take action,” Stathos said. “Heat illnesses can happen both indoors and out.”

Periods of high electricity demand, like summer and winter, can drive up electricity bills. For those behind on their bills, PPL Electric Utilities has programs that can help. One such assistance program is OnTrack, which can help income-eligible customers with a reduced monthly payment. The program also offers protection from shut-offs and a chance for customers to erase their debt.

Customers who may be having financial difficulties can call 1-800-342-5775 or visit [www.ppllectric.com/billhelp](http://www.ppllectric.com/billhelp).

PPL Electric Utilities, a subsidiary of PPL Corporation (NYSE: PPL), provides electric delivery services to about 1.4 million customers in Pennsylvania and consistently ranks among the best companies for customer service in the United States. More information is available at [www.ppllectric.com](http://www.ppllectric.com).

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