

Air Conditioner Tips for the Summer Heat



1. Be realistic with your expectations

In temperatures of 32° and above, air conditioning systems run at full capacity. Don't forget to stay well hydrated to help your body regulate its temperature more effectively.

2. Keep the temperature consistent

24° is recommended. Run your air conditioner early in the day to keep your building cool before the heat sets in.

3. Optimise airflow

Minimising door opening is an effective way to keep the cold air within the building. Use shades or blinds to block out the sun during the hottest parts of the day.

4. Keep filters clean

Air conditioning filters should be washed and dried monthly. Scan the QR code for cleaning instructions.



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