

Cooling Strategies During Extreme Heat



Cooling Strategies During Extreme Heat

Across the United States, we're all used to the hot summer weather that creeps in year after year. But when temperatures exceed 90 degrees Fahrenheit for more than two or three days at a time, we can find ourselves amid an extreme heat wave. Learn how to stay cool in the heat from Tractor Supply, America's largest rural lifestyle retailer and proud dealer of top **extreme heat supplies**.

Equipping Your Home with Cooling Systems

To keep your family comfortable and decrease your risk of heat-related health consequences, it's highly recommended to equip your home with cooling systems. These may include:

1. Air Conditioning

Air conditioning (AC), sometimes called comfort cooling, is a unit or system that removes heat from the indoors and releases it outdoors. Most air conditioners can cool a room down to between 60 degrees Fahrenheit and 75 degrees Fahrenheit. Air conditioners work by first absorbing the warm air from inside the home, then directing it through evaporator coils. This is where refrigerant cools the air by absorbing its heat. As a result, cool air is then circulated throughout the room or space.

Before an extreme heat wave strikes, consider the **air conditioners (ACs)** for sale at Tractor Supply:

- **Window air conditioners:** Window AC units are meant for seasonal use. They are placed in an open window and held in place by bracing, screws and the window's sash.
- **Portable air conditioners:** Also called stand-up AC units, these are designed to move from room to room easily throughout the day or night. They also direct hot air out of a window opening, but they do not require the more complex installation of window AC units. Portable ACs have a hose on the back of the unit that connects to a window panel, allowing the warm air to escape outside.
- **Installed air conditioners:** These AC units are a permanent cooling solution for a single room or space in a home. For example, you may choose an installed air conditioner in the bedroom or living room, where you might spend most of your time. They are often confused with central air conditioning, but they operate similarly to a window AC unit or portable AC unit.
- **Evaporative coolers:** As a specialized AC unit, evaporative coolers utilize evaporation to not only address humidity in the home but also cool down indoor temperatures.

It's important to note that air conditioners must be sealed and insulated around the entire unit. They must also be installed correctly to function properly. For instance, if you leave an open gap in your window after installing an AC unit, warm air will enter through that gap and cause inefficient operation.

2. Fans

Fans don't convert warm air to colder air like air conditioners do. However, they do provide supplemental airflow that can help you cool down on hot days. If you don't have air conditioning, fans are better than nothing – they keep air circulating so the air doesn't feel so stagnant inside your home. When using fans in conjunction with air conditioning, cold air can circulate more quickly so your air conditioner doesn't have to work harder in extreme heat. Fans usually come with multiple speed settings, and some can also purify your home's air.

The **fans** for sale at Tractor Supply include:

- **Barrel drum fans:** These high-velocity fans are ideal for larger rooms, like garages, basements, gyms and attics, or in areas with farm animals, like barns. They are also a staple in warehouses.
- **Industrial fans:** These fans ensure continuous airflow in industrial settings, but they can also be used at home for tasks like drying, aeration, air cleaning and more. Industrial fans are often referred to as industrial blowers.
- **Wall-mounted fans:** As their name suggests, these fans are affixed to the wall and provide a more directional airflow than some other fans. Wall-mounted fans don't need a hard-wired connection, and they may come with oscillation features to accommodate your preferences.
- **Floor fans:** These fans are designed to stand on their own on your floors. Check the manufacturer's instructions about usage on carpets.
- **Pedestal fans:** These powerful fans usually have a circular design and are elevated on a stand. They have an alternating current electric motor capable of circulating air higher in the room than some other fans.

- **Blower fans:** In a more compact design, blower fans can send airflow to every corner of a room. They have turbo-powered room circulators that enable users to control the direction of airflow. They also tend to be energy-efficient.
- **Personal fans:** These mini-sized fans are perfect additions to your office desk, bathroom, bedside, reading nook or anywhere else you could use some extra breeze.
- **Exhaust fans:** Using a negative pressure environment to expel bad air and replace it with fresh air, these fans improve air quality inside the home. They remove moisture, smoke, pollutants and odors from the air and can help control mildew and mold.
- **Box fans:** These square-shaped fans provide powerful airflow, whether you situate them in your window or stand them up on the floor.
- **Window fans:** These fans are mounted to open windows and can help to freshen up the air inside the home. Window fans direct airflow from a room to the outside of a home, moving hot air out and cold air in.
- **Tower fans:** These fans use side vents to pull air in, circulating it within the fan and finally directing it out the front with force. They can produce the effect of a cooler draft.
- **Ceiling fans:** These fans are installed on the ceiling and are usually powered by an electrical hard-wire connection. Professional installation is highly recommended.

3. Dehumidifiers

If you live in a humid climate, extreme heat can feel even more intense. That's where **dehumidifiers** can make all the difference. These devices remove moisture from the air by drawing in the air, filtering it, condensing the moisture and releasing drier air. They can sometimes release warmer air, so use dehumidifiers only as needed to reduce humidity during a heat wave.

Investing in Backup Power Sources

Extreme heat can sometimes cause brownouts or blackouts, so it's wise to consider investing in a **generator**. With a backup power source, you can keep air conditioners, fans and other devices powered and running smoothly, which is the best-case scenario in an extreme heat wave. Depending on your needs, you can consider the various types of generators at Tractor Supply, including:

- Gas generators
- Electric generators
- Natural gas generators
- Battery generators
- Liquid propane generators
- Dual fuel generators

Stock up on **flashlights** and **batteries** in case you're stuck in a power outage without a generator.

Preparing Your Property for Extreme Heat

A great way to cool down in extreme heat is with **swimming pools and related accessories**. After taking a dip, dry off under **outdoor shade structures**, or get **patio and umbrella stands** for extra shade. Having **rain barrels, buckets, pails and tubs** around your yard can help you collect rainwater for uses, such as:

- Bathing your livestock or birds
- Cleaning your patios or landscaped surfaces
- Giving your farm animals extra drinking water
- Watering your lawn, plants and crops

Managing Your Body Temperature

When it comes to preventing heat stroke and other serious health issues, managing your body temperature is a must during extreme heat. Taking cool baths or showers can help to reduce your body temperature, and misting fans can provide extra comfort. If you are out and about during an extreme heat wave, know where to go to cool down, like grocery stores, libraries and retail locations. Your local health department can also direct you to a cooling center in your area. Be sure to stay hydrated and avoid sugary or caffeinated drinks.

Keeping Cool on the Farm or Job Site

If you work outside, knowing how to prevent heat exhaustion is imperative. Here are some additional strategies to protect yourself from extreme heat:

- Remain in the shade as much as you can.
- Seek relief in air-conditioned buildings or vehicles.
- Take frequent sips of water and more breaks than usual.
- Apply **sunscreen** with a minimum of 30 SPF at least 30 minutes before sun exposure. Reapply often.
- If possible, avoid working during the middle of the day (known as the heat of the day), when the sun is at its strongest.
- Wear a **wide-brimmed hat**, light-colored and light-weight **clothing** and **work gloves**.
- Take off heavy work gear during breaks or avoid tasks that require it (if possible).
- Have a **cooler** packed with ice and stocked with water bottles, sports drinks and snacks.

Protecting Pets and Farm Animals from Extreme Heat

When living Life Out Here, animals are often a huge part of your day-to-day routine. Don't forget about them during extreme heat conditions and make sure you have what they need to stay cool, including:

- **Animal bedding:** Keep animals comfortable by ensuring their bedding **pellets** or **shavings** are dry and clean.
- **Animal feed:** Ensure your animals receive optimal nutrition so they can keep up their energy during extreme heat waves.
- **Animal shelters:** Textile sheds come in a variety of sizes and provide shade and shelter for your animals.
- **Cooling dog beds:** Help your dogs cool down and relax with dog beds elevated off the ground.
- **Dog and cat hydration supplies:** From **bowls** to **waterers**, you should have what you need to encourage your pets to drink more water.
- **Dog cooling vests and freezable toys:** Wearable dog vests can help reflect sunlight and keep your pups cooler, and you can reward them with freezable toys on extra-hot days.
- **Doggy pools:** While relaxing in your own **swimming pool**, your canine pals can splash around in their very own doggy pool.
- **Forage:** Extreme heat can decrease the natural forage available for your animals. Supplement their needs with forage from Tractor Supply.
- **Horse cooling sheets:** These products are designed to help horses stay cooler.
- **Livestock cooling sheets:** Cooling sheets are also available for livestock.
- **Poultry hydration:** Give your chickens extra electrolytes and hydration with waterers, supplements and more.
- **Stock tanks:** Make water readily available and easily accessible with Tractor Supply's selection of stock tanks.

Learn More About Extreme Heat Supplies at Tractor Supply

Tractor Supply takes heat safety very seriously, which is why we're stocked with the essentials for an extreme heat event. From **non-perishable foods** and **emergency tools** to **radios** and **first-aid kits**, you can rely on Tractor Supply when you need us most. Shop our inventory online or **visit your local Tractor Supply store** today.

Please note: This information is general and is not intended to replace or override any of the advice, warnings, or information given by local officials, FEMA, NOAA or any other official regulatory organization or government branch regarding storm safety in the form of extreme heat, thunderstorms, hurricanes, tornadoes, hail storms, floods or any other natural disaster or man-made disaster. Always follow take-cover recommendations, evacuation orders and any other advice given by local officials for your area, regardless of whether it is similar to or different from the information on TractorSupply.com.