Extreme heat protection advice:
Good/Better/Best: Retrofit

Essential measures (good)

- ☐ Ensure that at least one room has air conditioning or a heat pump and use this space for sleeping until temperatures drop.
- ☐ Choose insulation in walls and roofs with higher R-values. Consideration should be given for roofs with and without attics, above grade and below grade walls and slabs where there is no basement.
- ☐ Shade windows by using structural design elements like covered porches, brise-soleils and louvres, or commercially available window shading devices or products such as exterior shutters, window screens, roll-out awnings and window films.
- ☐ Replace windows and doors with low U-value and low air leakage value products to minimize thermal transmittance. Windows that swing inward tend to provide better seals than sliders.

Enhanced measures (better)

- ☐ Use shading trees and other plants near south, east and west-facing exposures to minimize solar heat gains through windows. At least 25% of the lot surface (less roof area) should be comprised of tree cover, provided the home is not in a wildfire risk zone.
- ☐ Avoid use of incandescent light bulbs in favour of energy efficient alternatives like LEDs.
- ☐ Use lighter colour paints on walls, window sills etc, as they reflect more light than do darker surfaces.

Comprehensive measures (best)

- ☐ Choose homes that were purposely designed for passive cooling and higher levels of thermal comfort as they are more likely to keep cool during summer power outages and extreme heat events.
- ☐ Consider installing a cool roof when replacing older roof covering or building an addition. Cool roofs reflect more sunlight and absorb less heat than a standard roof.

Disclaimer

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