

How to handle overheating

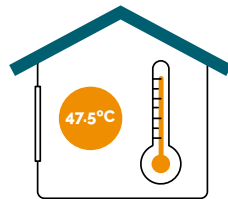
...think solar shading first!

Actual recorded operative temperatures in a London apartment.

The Chartered Institution of Building Services Engineers recommends these should not exceed 26°C.

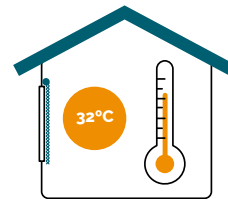
(There was limited ventilation in these flats to help vent the unwanted heat).

No shading



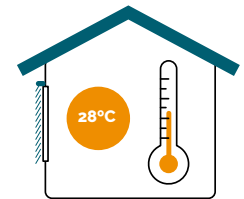
No blind

Internal shading



Internal roller

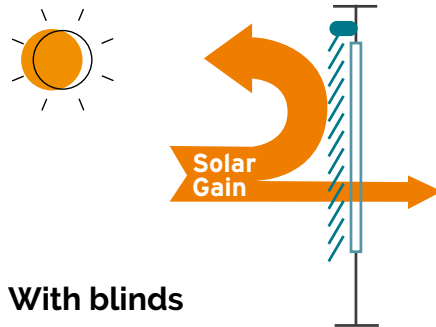
External shading



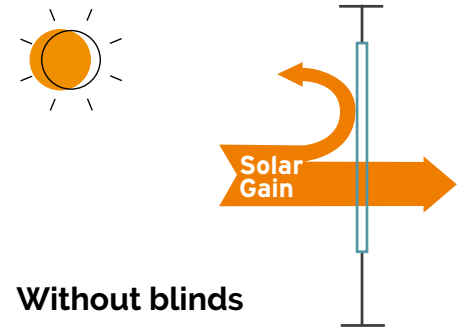
External venetian blind

How do blinds reduce overheating?

Using either external or internal blinds during the daytime reduces the solar gain entering the building and reduces internal temperatures.



With blinds



Without blinds

What difference can blinds really make?

An independent study supported by the BBSA statistically proved that both internal blinds and external blinds were effective at reducing internal temperatures.



Rooms with **internal blinds** reduced operative temperatures by **8-13°C**

Rooms with **external blinds** reduced operative temperatures by **12-18°C**

Overheating FAQs



I cannot install external blinds, so what should I do?

If you cannot install external blinds, install a more reflective internal blind. Some have special solar control coatings that reflect more heat than traditional fabrics. As UK windows tend to open outwards, it's not always possible to install external shading.



How much will blinds reduce the temperature in my home?

Results will vary depending on the type of building and the choice of shading. However, external shading will always be better than internal shading - that's why in hot countries buildings are always protected by external shading.



How to best use blinds and shutters.

To avoid heat gain, blinds and shutters should be kept closed when it's hot during the daytime to prevent heat entering the building, and then opened at night so the building can cool when it's colder outside. Remember opening windows at night will allow the building to ventilate.



Surely my Low-e glazing will prevent overheating?

Low-e glazing is designed to keep heat in during the winter and cannot work the other way in the summer. It keeps the heat in when it is too hot!

Visit the Blinds Make Better website for more information and links to key resources on overheating.

[Visit](#)

Watch the video of the London apartment study - temperatures soar as the sun comes into view and how much cooler the room is with shading!

[Watch](#)

Watch the BBSA's video on "Why homes overheat & how external shading works".

[Watch](#)

Want to know more?

Visit : Blinds Make Better or contact BBSA : info@bbsa.org.uk