



Craig Messer
Field Service Technician



TECH TIPS

a technical bulletin by the experts at Gaco Western

5 Essentials for Staying Cool & Productive this Summer

It's the beginning of summer and temperatures are heating up to uncomfortable levels. As temperatures rise, it's important to keep yourself and your crew cool, comfortable and productive. This is especially important for crews working in hot attics where temperatures can exceed 100°F.



HYDRATION – Heat makes you sweat and if you fail to replace water that your body is shedding, you are putting yourself at risk for becoming dehydrated, which can lead to heat exhaustion and heat stroke. Prevent dehydration and heat exhaustion by drinking plenty of fluids. Avoid alcohol or beverages that contain high amounts of sugars like sodas, pop, etc. Hydrating often is key and you should not wait until you are thirsty, thirst is often one of the last signs of dehydration. Keep plenty of cold water available for you and your crew. Sports drinks or a few electrolyte tablets can be a great addition for extreme conditions to replenish your body with fluid, nutrients and electrolytes.

COOLING VESTS – When personal air conditioning isn't an option (wouldn't A/C be great on every job?), a cooling vest is the next best thing. These lightweight vests plug into a high-pressure air supply via a standard



FANS AND VENTILATION –

Poorly ventilated attics can reach temperatures well above 100°F, making the conditions for you and your crew extremely dangerous. Fans can help assist with proper ventilation and make the space a bit more comfortable to work in.



connection and require 4.5 – 7.5 (SCFM) at 60 PSI or 5 – 15 (SCFM) at 100 PSI. Most vests run around \$150 without a hose. Many have built-in air regulators, are flame-retardant and come in a standard size that fits anyone between 130 – 225 lbs. As an extra benefit, some models can be reversed to provide heat in the winter.

Personally, I prefer to put the vest on after I have started to perspire. The perspiration on my shirt and airflow create a nice cooling effect.

(Continued on page 2)

**Having trouble with foam?
Just pick up the phone!**

Gaco Western's Tech Hotline:
855 639 4649
8am - 8pm CST, Mon-Sun

**Ideas, suggestions
or questions?**

techtips@gaco.com

Page 1 of 2



Craig Messer
Field Service Technician



TECH TIPS

a technical bulletin by the experts at Gaco Western

5 Essentials for Staying Cool & Productive this Summer

(Continued)

FRESH AIR HOODS VS

FACE MASK – Extreme heat can make it uncomfortable to breath in warm air with a facemask. On the other hand, a supplied air hood can make all the difference as it allows fresh cool air to wash over your entire head, and if the hood is tucked down into your coveralls, the fresh cool air will continue down your body.

COOLED AIR SUPPLY – For extra warm days, take fresh supplied air to the next level with a Tennessee Chill Box. This systems provides fresh chilled air to air hoods with an all-in-one solution that combines the air pump, filtration and air chiller.

Air supplies to cooling vest mentioned earlier can also be chilled with an easy to build solution. Pictured right, a bucket or cooler of ice is retrofitted with a coil of copper pipe and a few air fittings.



The coil is surrounded with ice to complete this efficient yet inexpensive cooling method. A modified and simpler version can also be achieved by coiling a few extra feet of air hose into a bucket or cooler of ice.

Stay cool and productive this summer! If you have any tips that you would like to share for future Tech Tips, you can forward them to techtips@gaco.com. 

**Having trouble with foam?
Just pick up the phone!**

Gaco Western's Tech Hotline:
855 639 4649

8am - 8pm CST, Mon-Sun

**Ideas, suggestions
or questions?**

techtips@gaco.com

Page 2 of 2