



# New Jersey Board of Public Utilities

## NEWS RELEASE

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**Contact:**  
Doyal Siddell  
973-468-8515

### **NEW JERSEY BOARD OF PUBLIC UTILITIES CALLS FOR ELECTRICITY CONSERVATION DURING EXTREME HEAT**

(NEWARK, NJ) – The New Jersey Board of Public Utilities (NJBPU) and PJM Interconnection, the electric power grid operator for the region, today issued an electric power warning and requested that residents throughout the Garden State aim to conserve electricity.

“We’re asking electricity customers to cut back on usage because of anticipated extremely high demand for electricity that goes along with the excessive heat and humidity we’re experiencing,” said NJBPU President Jeanne M. Fox. “If everyone makes an effort to reduce their own electrical use, then together we can help protect our power supply.”

To help prevent potential power supply problems, the BPU and PJM suggest that New Jerseyans conserve electricity when demand is highest, between 3 p.m. and 7 p.m. The request is being made for the service territories of PSE&G, JCP&L, Rockland Electric, and Atlantic City Electric.

Conservation options that will help reduce demand include:

- **Keep drapes closed and shades drawn.** The amount of energy required to cool your home will be considerably less;
- **Set air conditioner thermostats higher than usual,** if health permits.
- **Postpone using major household electric appliances,** such as stoves, dishwashers, and clothes dryers until cooler evening hours;
- **Turn off electric appliances** and equipment that you are not using;
- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella;
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body;
- **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat;
- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.;
- **Take regular breaks** when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, are showing the signs of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool;

- **Make a special effort to check on neighbors**, especially seniors and those with special needs.
- **Because pets suffer fom heat waves, too**, residents are reminded to keep them cool and hydrated as well.

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*The New Jersey Board of Public Utilities (NJBPU) is a state agency and regulatory authority mandated to ensure safe, adequate, and proper utility services at reasonable rates for New Jersey customers. Critical services regulated by the NJBPU include natural gas, electricity, water, wastewater, telecommunications and cable television. The Board has general oversight responsibility for monitoring utility service, responding to consumer complaints, and investigating utility accidents. To find out more about NJBPU, visit our web site at [www.nj.gov/bpu](http://www.nj.gov/bpu).*