

Albuquerque HVAC Company Warns of AC Strain and Power-Surge Damage as Monsoon Storms Hit

As triple-digit heat and monsoon thunderstorms collide over Albuquerque, Tru Mechanical Heating & Cooling explains how summer storms damage air conditioning systems and what homeowners can do to protect their equipment.



Albuquerque, New Mexico Jul 25, 2026 (Issuewire.com) - With Albuquerque climbing toward 100 degrees this week while monsoon thunderstorms roll across the region, Tru Mechanical Heating & Cooling, a family-owned HVAC company serving the Albuquerque area, is urging homeowners to watch for two related threats to their cooling systems: the strain of running air conditioning through extreme heat, and the electrical damage that summer storms can inflict on that same equipment. The company reports that the combination of peak demand and monsoon-season power surges makes late July one of the hardest stretches of the year on refrigerated air systems.

Forecasters have the metro heating into the triple digits this weekend as monsoon moisture keeps daily showers and thunderstorms in the picture, with localized heavy rain and flash-flooding concerns across parts of New Mexico. That pattern of intense heat punctuated by afternoon storms is exactly what puts cooling systems at risk. When temperatures hit 100 degrees, air conditioners and refrigerated air

systems run near their limits for hours at a time, and any weakness in the system is more likely to give out under that load.

The storms add a second, less obvious danger. Lightning strikes and grid disturbances during monsoon thunderstorms send power surges through home electrical systems, and the surge that hits when power flickers or comes back after an outage can damage the sensitive electrical components inside an AC unit, including capacitors, contactors, and control boards.

"The heat alone is hard on these systems, but the storms are what really catch people off guard," said David Trujillo, owner of Tru Mechanical Heating & Cooling. "A system's been running flat out in 100-degree heat, then a storm rolls through, the power blinks, and there's a surge when it comes back on. That surge can take out a capacitor or worse. The homeowner doesn't connect it to the storm. They just know their AC quit working the next morning during the hottest week of the year."

Tru Mechanical points to several steps homeowners can take. After a power outage during a storm, waiting a few minutes before running the air conditioner again gives the system time to reset and avoids the short-cycling that can stress the compressor. A whole-home or HVAC-specific surge protector guards the unit's electrical components against the spikes that come with monsoon storms. Warning signs worth acting on include a system that will not restart after a storm, a tripped breaker, unusual humming, or air that no longer cools the way it should. Regular maintenance also matters, since a system that is clean and properly charged handles extreme heat with less strain and less risk of failure.

Tru Mechanical Heating & Cooling has been family-owned and operated in Albuquerque since 2004, with more than 30 years of combined experience between David and Ray Trujillo. The company holds New Mexico Mechanical License #376701 and specializes in air conditioning repair, air conditioning installation and replacement, and swamp cooler to refrigerated air conversions. As a PNM Rebate Partner, the company can also help customers qualify for utility rebates on high-efficiency equipment, and it operates a full in-house sheet metal shop with plasma cutting and custom ductwork fabrication for installations that require it.

The company encourages homeowners whose systems are struggling in the heat, or who suspect storm-related damage, to schedule service early in the season, when demand is high and failures during peak heat can mean uncomfortable waits.

Albuquerque-area homeowners who want to learn more about protecting their cooling systems or scheduling a repair can contact Tru Mechanical Heating & Cooling at (505) 328-0743 or visit trumechanicalllc.com.

About Tru Mechanical Heating & Cooling

Tru Mechanical Heating & Cooling is a family-owned and operated HVAC company serving Albuquerque, Rio Rancho, Los Lunas, Santa Fe, and surrounding New Mexico communities since 2004. The company specializes in air conditioning repair, installation, and swamp cooler to refrigerated air conversions, and operates a full in-house sheet metal shop for custom ductwork fabrication.

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