

Heat Safety

Create a Cool Home

Your set up at home influences your risk of heat-related illness.. Key aspects of home architecture, cooling appliances and outdoor shade will impact the overall temperature within the home.

To keep your home cool in a sustainable way:



Keep sunlight out

- + Close curtains, shades, and blinds.
- + Only keep non-sun facing windows open to let light in.



Use fans strategically

- + If windows are open, place fans outwards in the window to suck hot air out of the room.
- + Check ceiling fans turn counter clockwise (this pulls hot air towards the ceiling).
- + In two story houses, place fans on the top floor.



Create cross breezes

- + Open windows/doors on opposite sides of the room.
- + Remove unnecessary obstructions from the room to create better airflow.



Should doors and windows be kept closed?

- + **Well-insulated and shaded homes** should keep windows, doors and curtains closed during the day to stay cool. Open doors and windows overnight or during the late afternoon, when temperatures are lower.
- + **In poorly insulated homes**, it is recommended to stay in the coolest rooms, closing windows, curtains, and doors – so long as temperatures inside the home are lower than outside. Create cross breezes and utilise air conditioning to stay cool.



Avoid using heat producing appliances

- + Reduce oven and dishwasher use as much as possible.
- + Air dry clothing instead of using a clothes dryer.
- + Reduce hot grooming practices (i.e. blow-drying, using a curling iron, etc).



Use air conditioners efficiently

- + Create cool rooms by blocking off un-used areas.
- + Seal up windows and doors to trap cool air.
- + Set air conditioner no lower than 24°C.



Manage humidity

- + Use a dehumidifier on extremely humid days.
- + Utilise low-maintenance house plants like succulents and air plants.