



Attachment 5 to Item 1

Heat Smart Community Information Resources

Date of meeting: 28 June 2022
Location: Council Chambers
Time: 5:00 p.m.

10 tips for a cooler home

Make your home cooler and save on energy bills with these handy tips.

Whether you rent or own your home, these tips will keep you cooler this summer. Some actions are easy and low-cost. Other actions are more expensive and will be a longterm investment.



EASY & LOW COST



1

Water your garden

Trees and plants cool the air when watered well.

Tips:

- Watering your garden before the heatwave is best
- Water in the early morning or evening
- Mulch around plants to prevent the soil drying out
- Be mindful of water restrictions.



2

Seal any gaps

Stop hot air getting in your home through gaps.

Tips:

- Check for gaps around windows, doors and between floorboards
- Use draught stoppers to seal gaps. You can make draught stoppers at home using old socks and stockings, or simply roll up a towel or bedding.



3

Turn off appliances

Electrical appliances can generate heat. Turn off any appliances that are not in use to reduce heat and energy costs.

Tips:

- Turn off lights
- Turn off power points for your television, toaster and kettle.



Health
Western Sydney
Local Health District

EASY & LOW COST



4

Create a cool room

Focus on keeping one room cool to save money.

Tips:

- Find the coolest room in your home
- Close windows and doors to other rooms
- Block sun from coming in the windows using curtains and outdoor shade
- If your home is open plan, block off unused areas with curtains, or blankets
- Use fans and air-conditioning to cool the room
- Set your air-conditioner to 23 degrees to reduce energy use
- Turn your air-conditioner on early. It will need to work harder if the house is already hot.

MEDIUM COST



5

Cover your windows

Protect windows from sun inside and out.

Tips:

- Outside: Install shade cloth or place plants to block the sun
- Inside: Choose thick curtains in pale colours to help reflect heat
- Avoid dark colours and metal venetian blinds as they absorb heat.



6

Plant trees and bushes

Trees and plants provide shade and help cool the air around your home.

Tips:

- If possible, plant large trees that provide shade in summer
- If you have a small space use plants in pots to shade windows
- If you live in a bushfire area, ask your local Fire Control Centre about which plants are best to reduce bushfire risk.

BIGGER INVESTMENTS



7

Block the sun

Use external awnings and shade to block the sun from heating your home.

Tips:

- Focus on the hottest part of your home
- Focus on windows and glass
- Garden shade cloth is a cheaper option.

8



Choose light colours

Light colours reflect heat while dark colours get very hot.

Tips:

- Choose light colours for home improvements like painting or paving
- Light colours are most important on the roof.

9



Insulate

Your roof gets extremely hot in summer. Insulation can block heat from getting inside and is a good way to reduce energy bills.

Tips:

- Insulate your roof first
- Wall insulation is also a good option.

10



Get ready for blackouts

Blackouts are common during heatwaves and can be dangerous.

Tips:

- A generator can provide emergency power (especially if you use medical equipment or have medication that requires refrigeration)
- Solar power can save energy bills and reduce demand on the energy network, but it's important to remember that most solar panels will stop working if there is a blackout.

Blackout emergency kit

Power outages are common during heatwaves. Prepare an emergency kit:



TORCH AND BATTERIES



10 LITRES OF WATER PER PERSON

Power outages can disrupt water supply.



LIST OF KEY PHONE NUMBERS



BATTERY-POWERED AM/FM RADIO



COOLER BOX AND ICE



FIRST-AID KIT



POWERPACK TO CHARGE YOUR MOBILE PHONE

Heat Smart

Be safe during extreme heat in Western Sydney

Extreme heat is dangerous and can affect anyone, even fit and healthy people.



Those most at risk include people:



65 YEARS AND OVER



LIVING ALONE



LIVING WITH A DISABILITY



UNABLE TO CARE FOR THEMSELVES



WITH A MEDICAL CONDITION *

* e.g. diabetes, heart disease or a mental illness.

Start of summer

AT YOUR HOME



Check fridges, air conditioners and fans work, and are set to cool.



Keep the heat out:

- ☐ Install curtains or blinds
- ☐ Put up shade cloth or awnings.



Find a cool place to visit if home gets too hot (for example a shopping centre).

FOR YOUR HEALTH



Ask your doctor if heat increases your health risk. Follow their advice.



Wear a hat and sunscreen outside.

Know who you can call for help.
Have light, loose clothes to wear (cotton or linen are best).

Western Sydney has regular heatwaves during summer.

Having a plan and being prepared is key to staying safe during extreme heat.



Health
Western Sydney
Local Health District

Before a heatwave

AT YOUR HOME



Check the weather regularly.



Plan cool meals.
Cooking heats your home.



Buy enough food and medicine for the heatwave period.



Freeze ice and place wet towels in the fridge.



Create a 'cool room' at home:

- ☐ close doors to other rooms
- ☐ seal gaps under doors
- ☐ cover windows
- ☐ move fans and other items to this space.

Prepare an emergency kit in case of power outages.

FOR YOUR HEALTH



Plan to avoid the heat:

- ☐ be in a cool place
- ☐ move activities to cooler times
- ☐ cancel activities if necessary.



Plan to check on family, friends and neighbours.

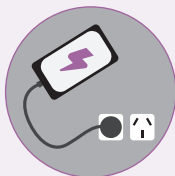
Follow doctor's advice if you have medical conditions.

During a heatwave

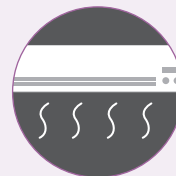
AT YOUR HOME



Close doors, windows and blinds early in the morning.



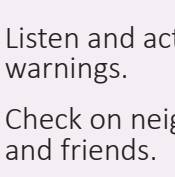
Keep your mobile phone charged.



Use fans and air-conditioning, or visit a cool place.

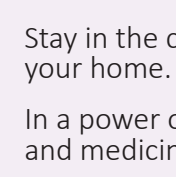


Ensure pets have water and shade.



Listen and act on emergency warnings.

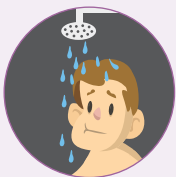
Check on neighbours, relatives and friends.



Stay in the coolest room in your home.

In a power outage, move food and medicine to your cooler box.

FOR YOUR HEALTH



Cool down with:

- ☐ wet towels or washers
- ☐ cool showers
- ☐ wet the skin



Wear light, loose clothing.

Avoid layers such as cardigans, undershirts or stockings.

Stay inside and move less.



Drink plenty of water (even if you don't feel thirsty) or follow doctor's advice.

Avoid alcohol, coffee, tea and sweet drinks – they make dehydration worse.



If you feel unwell
contact your doctor.
In an emergency call 000.



After a heatwave

AT YOUR HOME



If cooler outside, open
doors and windows.



If there was a black-out,
check the fridge for
bad food.

FOR YOUR HEALTH



Many people become sick after heatwaves.
If you feel unwell call your doctor.

Think about the past few
days – What worked?
What didn't?

Blackout emergency kit

Power outages are common during heatwaves.
Prepare an emergency kit:



**TORCH AND
BATTERIES**



**10 LITRES OF WATER
PER PERSON**
Power outages can
disrupt water supply.



**LIST OF KEY
PHONE NUMBERS**



**BATTERY-POWERED
AM/FM RADIO**



**COOLER BOX
AND ICE**



FIRST-AID KIT



**POWERPACK TO
CHARGE YOUR
MOBILE PHONE**



FURTHER INFORMATION

Health Direct 24 hour helpline: 1800 022 222

Emergency warnings: ABC Radio Sydney 702 AM

Advice on preparing for emergencies:
www.redcross.org.au/prepare

Help paying energy bills:
13 77 88 or www.energysaver.nsw.gov.au

Heat Smart Western Sydney has been funded under the
State Government Natural Disaster Resilience Program.

Heat Smart

Keep babies and children safe during extreme heat in Western Sydney

Hot weather can be dangerous for babies and young children.



Signs of overheating



WARM TO TOUCH



FEVER (ABOVE 38°C) BUT NOT SWEATING



SKIN IS RED OR HAS A RASH



RAPID HEARTBEAT



VOMITING



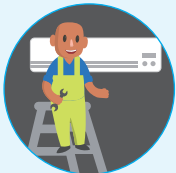
DIZZY OR CONFUSED



VERY SLEEPY OR UNRESPONSIVE

Start of summer

AT YOUR HOME



Check fridges, air conditioners and fans work, and are set to cool.



Keep the heat out:

- ☐ Install curtains or blinds
- ☐ Put up shade cloth or awnings.



Find a cool place to visit if home gets too hot (for example a shopping centre).

FOR YOUR CHILDREN



Ask your doctor if heat increases your child's health risk. Follow their advice.



Wear a hat and sunscreen outside.

Know who you can call for help.

Have light, loose clothes for children to wear (cotton or linen are best).

Knowing what to do can keep you and your children safe.

Babies and children (0-4 years) overheat and dehydrate more quickly than adults. You may feel well, but your baby or child may not. It is important to keep them cool and ensure they drink often.

Do not wait for signs your child is thirsty or too hot. See your doctor if your child is sick before a heatwave.



Health
Western Sydney
Local Health District

Before a heatwave

AT YOUR HOME



Check the weather regularly.



Plan cool meals.
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Prepare an emergency kit in case of power outages.

Create a 'cool room' at home:

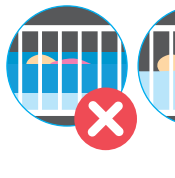
- ☐ close doors to other rooms
- ☐ seal gaps under doors
- ☐ cover windows
- ☐ move baby's bed, fans and other items to this space.

FOR YOUR CHILDREN



Plan to avoid the heat:

- ☐ be in a cool place
- ☐ move activities to cooler times
- ☐ cancel activities if necessary.



Remove padding or liners from baby's bed so air can flow.

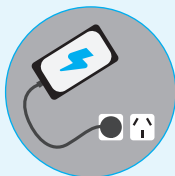
Follow your doctor's advice if your child has a medical condition.

During a heatwave

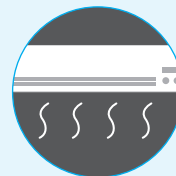
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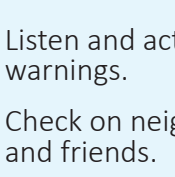
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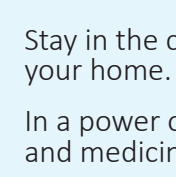


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Check on neighbours, relatives and friends.



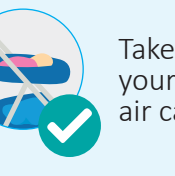
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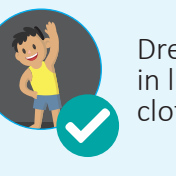
FOR YOUR CHILDREN



Check often that children aren't too hot.



Take covers off your pram so air can flow.



Dress children in light, loose clothes.



Cool children with cool baths, wet towels or sponge with water.



Offer children milk or water often. No sweet drinks (they make dehydration worse).

Stay inside and move less.

Drink plenty of water if you are breastfeeding.

Always watch children near water.

Never leave children or animals in the car.



If you feel unwell
contact your doctor.
In an emergency call 000.



After a heatwave

AT YOUR HOME



If cooler outside, open
doors and windows.



If there was a black-out,
check the fridge for
bad food.

FOR YOUR CHILDREN



Many people become sick after a heatwave.
If your child feels unwell call your doctor.

Think about the past few
days – What worked?
What didn't?

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**LIST OF KEY
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FURTHER INFORMATION

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Breast feeding helpline:
1800 686 268 or call 131450 for in-language advice

Emergency warnings: ABC Radio Sydney 702 AM

Help paying energy bills:
13 77 88 or www.energysaver.nsw.gov.au

Advice on preparing for emergencies:
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