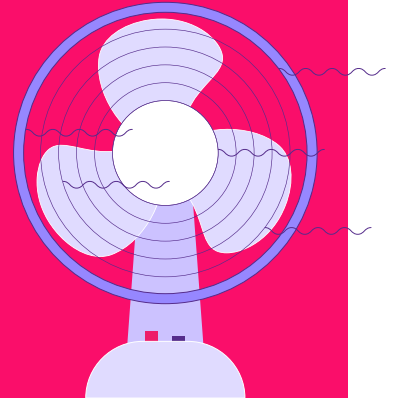


Home Tips For A Cool, Comfortable Environment



Use this checklist to make sure you've got your home ready for the hot weather!
Want to know more about staying cool in summer? Check out our full guide here.

Note: The following information is intended as a general guide only.

Windows

- Double glazed or invisible tint in place.

- All latches functional to allow secure airflow.

- Windows open during the evening or first thing in the morning.

- Net curtains to scatter heat and light.

- Curtains drawn to prevent intense heat from sunlight at peak times.

- Blinds drawn in windows that experience a lot of heat from the sun.

Airflow

- Open up the home regularly (doors, windows) to allow fresh air to flow through.

- Ventilation system is in place to pump new air through the home.

- Dust and allergens are reduced in rooms through filtration or fresh air.

- Moisture/humidity has been removed with a dehumidifier.

- Room or home decluttered to avoid stuffy, dusty spaces.

Cooling

- Heat pump/AC set to a moderate, comfortable temperature.

- Pedestal fan set up in smaller areas that are ducted or heat pump cooling doesn't.

- Bedclothes changed for summer climate.

- Rooms free of mould, mildew and dust.

Home design tips

- Home is adequately insulated in ceiling, floor and walls to maintain cool temperature.

- Home layout provides shaded/covered areas, while maintaining a sunny aspect.

- Paint is light or designed to reduce sun heat absorption.

- Making use of high sunlight hours with solar power/heating.

- Roofing and cladding material designed to reduce heat.

- Eaves and awnings provide shade to the exterior of the home.

- Ducted ventilation and cooling system that provides air control to key rooms in the home.

Keeping yourself cool

- Stay hydrated.

- Observe SunSmart behaviour!

- Dress for the weather – light and bright.

- Outside? Use the shade of a tree, canopy or umbrella.

- Don't over do it with physical activity in the peak of a hot day.

Home appliance usage

- Minimal cooking time with the oven and stove to reduce heat.

- Cook outside on the BBQ – or make a salad one night!

- Choose free-standing cooling or dehumidifying appliances that are energy efficient.

For more information, visit our full guide on *Staying Cool in Summer*.