

# 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



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## 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



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## 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.



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## 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.

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## 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.

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## 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.

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## 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**