

Teach tenants about alterations and additions to properties

Any adjustments made to a social housing property must be applied for and approved. If a tenant wants to install an air conditioner, they must pay for the unit, the installation and for it to be taken out if they leave the property. The same process must be followed if a tenant wants to install a ceiling fan or plant a tree in the yard.

Educate your tenants on energy efficient ways to stay cool

There are a variety of energy efficient ways to keep cool without the aid of an air conditioner.



STAY INSIDE DURING THE HOTTEST PARTS OF THE DAY



PUT A MOIST TOWEL ON ANKLES AND WRISTS



WEAR LOOSE CLOTHING



COVER WINDOWS



CLOSE BLINDS



TURN ON A FAN



TURN OFF UNUSED LIGHTS OR APPLIANCES

FURTHER INFORMATION

Read more tips by visiting

healthdirect.gov.au/hot-weather-risks-and-staying-cool

wsroc.com.au/projects/project-turn-down-the-heat/turn-down-the-heat-resources

health.nsw.gov.au

environment.nsw.gov.au

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PENRITH CITY COUNCIL



HOW TO SUPPORT YOUR TENANTS IN SUMMER

HINTS AND TIPS FOR COMMUNITY HOUSING STAFF

SHELTER DON'T SWELTER

Research has shown that Australian summers are getting hotter – especially in Western Sydney.

On 4 January 2020, Penrith was the hottest place on earth with a recorded temperature of 48.9 degrees Celsius.

Rising heat and increasing incidence of heat wave are of grave concern to social housing tenants who frequently raise issues regarding the impact of heat, cost of energy and difficult process for requesting modifications to properties. For this reason, the collective of housing providers and councils have decided to focus on improving tenant resilience to heat and heat wave.

As social housing providers, we have an obligation to help our tenants get through the hotter months safely, healthily and happily. We've pulled together a list of ways you can support tenants to stay cool over summer.

KEEPING THE BODY COOL

- Have a few cool packs in the freezer and rotate them accordingly.
- Wear loose and cool clothing.
- Eat cool foods like salad that don't create heat in the kitchen.
- Drink plenty of water and cool drinks to stay hydrated.
- Place a large towel in the freezer and place it on top of your sheet at bedtime.
- Take a cool shower to help lower body temperature.
- Moisten the skin with a damp cloth or washer.
- Go to a cool public space, such as a library or gallery. If the weather isn't too prohibitive, suggest visiting a lake or local pool. If they can afford it, suggest visiting a shopping centre or movie theatre.
- If possible, suggest to visit a friend or family member who has air conditioning.
- During periods of really high heat, suggest planning the day around the hottest times. This may include things like exercising or doing the weekly shopping trip early in the morning or in the evening.

KEEPING THE HOME COOL

- Close blinds and curtains to help keep the heat out.
- Use fans when you can, as they are a lot cheaper than running an air conditioner.
- Close off any rooms that aren't used often, like spare bedrooms or the bathroom.
- Screen the outside of windows to keep the heat out.
- Seal front and back doors with a 'door sausage'.
- Turn off any unused electrical appliances.

