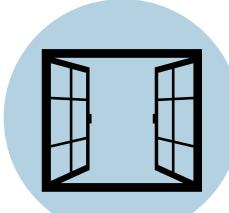
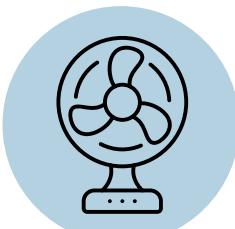
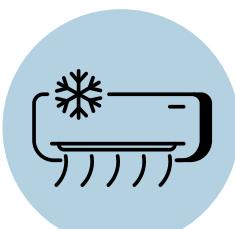
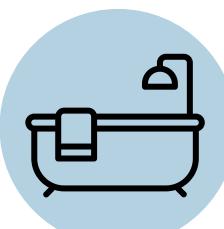


# COOLING STRATEGIES

## WAYS TO COOL YOURSELF



# POTENTIAL EFFECTIVENESS OF COOLING STRATEGIES

**COLD BATH****AIR CONDITIONING****SIT DOWN QUIETLY****COLD SHOWER****TURN ON A FAN****ICE PACK  
APPLICATION**

# POTENTIAL EFFECTIVENESS OF COOLING STRATEGIES



**HAND/FOREARM BATH**



**FOOT BATH**



**DRINK COOL WATER**



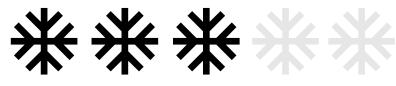
**REMOVE EXCESS  
CLOTHING**



**SELF DOUSING**



**OPEN/CLOSE WINDOWS  
/BLINDS/CURTAINS**



**DAMPENING CLOTHING**



## COLD BATH

-  Fill a basin or tub with cool tap water (do not add ice).
-  Submerge your body in the water for 8-15 minutes at a time.
-  Wiggle your fingers and toes occasionally to improve circulation and enhance the cooling effect.

### WHEN A COLD BATH SHOULD BE USED

-  When you need an effective way to cool down your body.
-  During breaks from physical activities or work in hot environments.
-  As a means to recover from heat exposure or reduce the risk of heat-related illnesses.

### WHEN A COLD BATH SHOULD NOT BE USED

-  When you have open wounds or infections on your hands or feet, as it may worsen the condition.
-  If you feel like you are not mobile enough to get in and out of a bath.
-  In cases of cold intolerance or conditions like Raynaud's phenomenon, as it may cause discomfort or trigger symptoms.
-  Where there is risk of water contamination or poor hygiene in the immersion area.

## AIR CONDITIONING

- Keep the air conditioning at a comfortable temperature, usually 23-25 degrees Celsius.
- Maintain your air conditioning system regularly to ensure it's working efficiently.
- By combining with a fan to increase airflow over the body, you will perceive an air-conditioned room set to 27 degrees Celsius the same as a still room at 23 degrees Celsius.
- Close doors and windows to keep the cool air inside.

### WHEN AIR CONDITIONING SHOULD BE USED

- When it is extremely hot outside, and other cooling methods are not effective.
- During the hottest parts of the day to keep indoor temperatures comfortable and safe.

### WHEN AIR CONDITIONING SHOULD NOT BE USED

- When the weather outside is cooler than inside, it might be more energy-efficient to open windows or use fans instead.
- If you are leaving the room or house for an extended period, turn off AC to save energy.

## SIT DOWN QUIETLY

- ☀ Find a cool, shaded, or well-ventilated area to sit down.
- ☀ Choose a comfortable chair or surface that allows you to relax and rest.
- ☀ Loosen any clothing and remove unnecessary layers to allow your body to cool down more efficiently.
- ☀ Combine sitting down quietly with other cooling methods, such as fan, air-conditioning, or drinking fluids.

### WHEN SITTING QUIETLY SHOULD BE USED

- ✓ After physical exertion or exposure to heat, to allow your body to recover and regulate its temperature.
- ✓ During a break from work or activities in hot environments to prevent overheating.
- ✓ As a relaxation technique to reduce stress and anxiety, which can contribute to overheating.

### WHEN SITTING QUIETLY SHOULD NOT BE USED

- ✗ If you are experiencing heat exhaustion or heat stroke, seek immediate medical attention instead of just sitting down.
- ✗ When sitting down quietly is not enough to cool down and you should use additional cooling methods or seek a cooler environment.

## COLD SHOWER

- 💡 Begin with lukewarm water and gradually decrease the temperature to a level that is cool and refreshing.
- 💡 Shower for 5-15 minutes and repeat as needed (roughly every hour).
- 💡 Use a shower head with different settings that allow you to control the water flow and coverage.
- 💡 Focus the cool water all over your body to maximise cool water coverage.

### WHEN A COLD SHOWER SHOULD BE USED

- ✓ After physical activities, to rapidly cool down and refresh your body.
- ✓ During hot weather, as a cold shower can lower the body temperature and alleviate discomfort from heat.

### WHEN A COLD SHOWER SHOULD NOT BE USED

- ✗ If you have concerns around slips and falls in the shower.
- ✗ When you are feeling chilled or if the environmental temperature is very low, as this could lower your body temperature excessively.

## TURN ON A FAN

- Position the fan to maximise the airflow across your body.
- Adjust the fan speed according to your comfort level.
- Clean the fan blades and vents regularly to maintain efficiency.
- Combine the fan with other cooling methods, such as self dousing or air conditioning.
- Using a window fan to pull in cool air from outside or push hot air out.
- Placing a bowl of ice or a wet towel in front of the fan to create a cooler breeze.
- Increase your water intake with fan use, typically 1 extra glass of water per hour of use as fans can increase dehydration.

### WHEN A FAN SHOULD BE USED

- During the day when it's too hot outside, and opening windows would let in hot air.
- When humidity levels are high, as a fan can help evaporate sweat, making you feel cooler.
- If you are concerned about energy costs, as fans use up to 50 times less electricity than air-conditioning.

### WHEN A FAN SHOULD NOT BE USED

- While fans will help you feel better, they will not provide cooling relief in temperatures above 33-34°C, and will worsen heat stress in temperatures above 38°C.

## ICE PACK APPLICATION

-  Apply an ice pack to hands, feet, neck, and/or torso.
-  Use a cloth or towel between your skin and the ice pack to prevent skin damage.
-  Rotate the ice pack to different areas for consistent cooling.

### WHEN AN ICE PACK SHOULD BE USED

-  When you are overheated and need to cool down quickly.
-  After spending time in a hot environment to reduce your body temperature.

### WHEN AN ICE PACK SHOULD NOT BE USED

-  If you have certain medical conditions such as poor circulation or nerve damage.
-  When using it directly on bare skin for extended periods as it may lead to skin damage.

## HAND/FOREARM BATH

- Immerse your hands and forearms in cool water for about 10-15 minutes at a time.
- Use a large bowl, bucket, or basin filled with cool water with or without ice (5-25 degrees Celsius), and sit comfortably while immersing your hands and forearms.
- Wiggle your arms and fingers every so often to increase circulation and the cooling effect of the water.
- Combine with other methods such as foot immersion bath.

### WHEN HAND/FOREARM BATH SHOULD BE USED

- ✓ When you need a quick and easy method to cool down.
- ✓ After spending time in a hot environment or doing physical activities.

### WHEN HAND/FOREARM BATH SHOULD NOT BE USED

- ✗ If you have open wounds or skin conditions, as this could aggravate them.
- ✗ If moving a tub of water will be too heavy.

## FOOT BATH

-  Immerse your feet in cool water for about 10-15 minutes at a time.
-  Use a large bowl, bucket, or basin filled with cool water with or without ice (5-25 degrees Celsius), and sit comfortably while immersing your feet.
-  Wiggle your feet and toes every so often to increase circulation and the cooling effect of the water.
-  Combine with other methods such as an arm immersion bath.

### WHEN A FOOT BATH SHOULD BE USED

-  After a long day of standing or walking, especially in hot weather.
-  When you need a quick way to cool down and relax.

### WHEN A FOOT BATH SHOULD NOT BE USED

-  If you have open wounds, skin infections, or other foot conditions, as a foot bath may exacerbate these conditions.
-  If you have circulatory problems or diabetes, consult with your healthcare provider before using a foot bath for cooling.
-  If moving a tub of water will be too heavy.
-  If there is a concern of slipping from having wet feet.

## DRINK COOL WATER

- Avoid consuming large amounts of caffeine or alcohol, as they can dehydrate you and increase your body temperature.
- Drink your preferred water temperature in order to maximise your consumption and palatability.
- Using an insulated water bottle to keep your fluids cold for a longer period of time.
- Monitoring your fluid intake to ensure you're drinking enough throughout the day, especially in hot weather or during physical activities.
- If it helps increase palatability and overall fluid consumption consider adding lemon, cucumber, or cordial.

### WHEN SHOULD YOU DRINK COOL WATER

- ✓ Throughout the day, to maintain proper hydration levels and prevent heat-related illnesses.
- ✓ Before, during, and after physical activities, especially in hot environments, to replenish fluids lost through sweating.
- ✓ Cool fluids will help lower body temperatures if you have not already started sweating.

### WHEN SHOULD YOU NOT DRINK COOL WATER

- ✗ Cool fluids will not help in lowering body temperatures if you have already started sweating, however the hydration is still critical to maintain blood volume and replace lost sweat.
- ✗ When on medically prescribed fluid restrictions, seek medical advice for your personal needs in the heat.

## REMOVE EXCESS CLOTHING

- Remove or loosen any tight-fitting clothing that may restrict airflow or trap heat.
- Wear lightweight, breathable fabrics, such as cotton or linen, to allow for better air circulation and moisture absorption
- Choose light-coloured clothing to reflect sunlight and reduce heat absorption.
- Combine removing unnecessary clothing with other cooling methods, such as using a fan or drinking cool fluids.

### WHEN REMOVING UNNECESSARY CLOTHING SHOULD BE USED

- During hot weather, to maximise airflow around your body and prevent overheating.
- When engaging in physical activities, to allow for better evaporation of sweat and prevent heat-related illnesses.
- When feeling overheated or experiencing symptoms of heat exhaustion, to help lower your body temperature more effectively.

### WHEN REMOVING UNNECESSARY CLOTHING SHOULD NOT BE USED

- In situations where removing clothing may be inappropriate, such as public settings or formal events.
- When exposure to direct sunlight may increase the risk of sunburn, consider wearing lightweight, long-sleeved clothing and a hat to protect your skin.

## SELF DOUSING

-  Use a spray bottle or sponge to mist/wet you skin and/or clothing, repeating every 5-10 mins.
-  Wet water on your face, arms, legs, and even clothing to cool down.
-  Combine with a fan for enhanced cooling as the water evaporates.

### WHEN DOUSING SHOULD BE USED

-  When you feel hot and sweaty, effective in conditions up to 47 degrees Celsius.
-  Can be used during a power outage.
-  After spending time in a hot environment to lower your body temperature.

### WHEN DOUSING SHOULD NOT BE USED

-  When you don't have a change of clothes and can't get wet.
-  If you are in a situation where getting wet would be inappropriate or inconvenient.

## OPEN/CLOSE WINDOWS/BLINDS/CURTAINS

- Open windows in the early morning and late evening when the outside temperature is cooler.
- Use window coverings to block out sunlight and reduce heat gain during the day.
- Create a cross breeze by opening windows on opposite sides of the room or house.

### WHEN OPEN/CLOSE WINDOWS/BLINDS/CURTAINS SHOULD BE USED

- ✓ During the cooler parts of the day to bring in fresh, cool air.
- ✓ When the outside temperature is lower than the inside temperature.

### WHEN OPEN/CLOSE WINDOWS/BLINDS/CURTAINS SHOULD NOT BE USED

- ✗ During the hottest parts of the day if outside is hotter than inside your home, it's better to keep windows and blinds closed to prevent hot air from coming in.
- ✗ When outdoor allergen or smoke levels are high, as open windows may lead to increased respiratory irritation.

## DAMPENING CLOTHING

- Soak a towel or clothing in cool or icy water, wring it out, so it remains damp but not dripping wet.
- Wear clothes as you normally would, sit in front of a fan for greater effect (if it is under 38 degrees).
- Drape the cold wet towel over your head, neck, and shoulders for around 2 minutes and repeat every 10 minutes.
- Re-wet the towel or clothing as needed to maintain its cooling effect when it starts to dry out or warm up.
- Use a breathable, lightweight fabric like cotton for the towel to maximise the evaporative cooling effect.
- Combine the wet towel method with other cooling strategies, such as fans or air conditioning, for better results.

### WHEN DAMPENING CLOTHES SHOULD BE USED

- When you need a quick, convenient, and low-cost way to cool down.
- During breaks from physical activities or work in hot environments.
- As a means to recover from heat exposure or reduce the risk of heat-related illnesses.

### WHEN DAMPENING CLOTHES SHOULD NOT BE USED

- When you have open wounds, skin infections, or rashes, as the wet towel may exacerbate the condition or cause discomfort.
- When the humidity is very high, as the evaporative cooling effect of the wet towel might be reduced.

# KNOW THE SIGNS OF HEAT STRESS

## HEAT EXHAUSTION

- Headaches
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirst
- Anxiety
- Poor coordination
- Weak, rapid pulse
- Heavy sweating
- Raised body temperature

**WHAT TO DO:** Lie down in shade or air conditioning  
Drink water  
Use a cool compress or take a cool shower/ bath

## HEAT STROKE

- Headaches
- Nausea and vomiting
- Rapid pulse
- Extremely thirsty
- Dry, swollen tongue
- Disoriented, dizzy or delirious, slurred speech
- Body temperature above 40C
- Convulsions, seizures or coma
- May be sweating, skin may feel deceptively cool

**WHAT TO DO:** Call 000 immediately  
Reduce temperature until ambulance arrives

# MY FAVORITE COOLING TECHNIQUE



# EMERGENCY CONTACTS

**NAME:**

**RELATIONSHIP:**

**CONTACT NUMBER:**

**ADDRESS:**



**FOR MORE INFORMATION**



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extreme heat + older persons