

# Cooling Strategies

Depending on your preferences and what's available to you, the you'll find a list of ways to cool your body when you feel hot. Click 'cool down' on the home screen to access this list. Snowflakes on the right hand side of the list show how effective each option is to cool your body, based on scientific research.

### Cooling Strategies

Best ways to cool yourself (click on a row for more info):

Name	Potential Effectiveness
Cold bath	★★★★★
Air conditioning	★★★★★
Cold shower	★★★★★
Turn on a fan	★★★★★
Ice pack application	★★★★★
Hand/forearm bath	★★★★★
Foot bath	★★★★★

Should you use a fan:

Use a fan?	
Kitchen	✓
Living Room	✓
Bedroom	✓
Outside	?

WHEN SHOULD I NOT USE A FAN?

## When to use a fan

On the right-hand side of the screen, there is a table indicating when using a fan is safe. Fans are useful because they enhance sweat evaporation by increasing air circulation over the skin. However, in environments where temperature is high but humidity is low, sweat already evaporates easily. Using a fan in such conditions simply blows hot air over the body without improving the cooling effect of sweat evaporation. This can increase your body temperature, dehydration, and heat stress risk. Conversely, in high humidity conditions where sweat does not evaporate well, fans can enhance cooling by improving the evaporation of sweat from the skin, reducing your heat stress risk. Our system will advise when you should and shouldn't be using a fan safely.

## Contact us

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We are available Monday through  
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public holidays



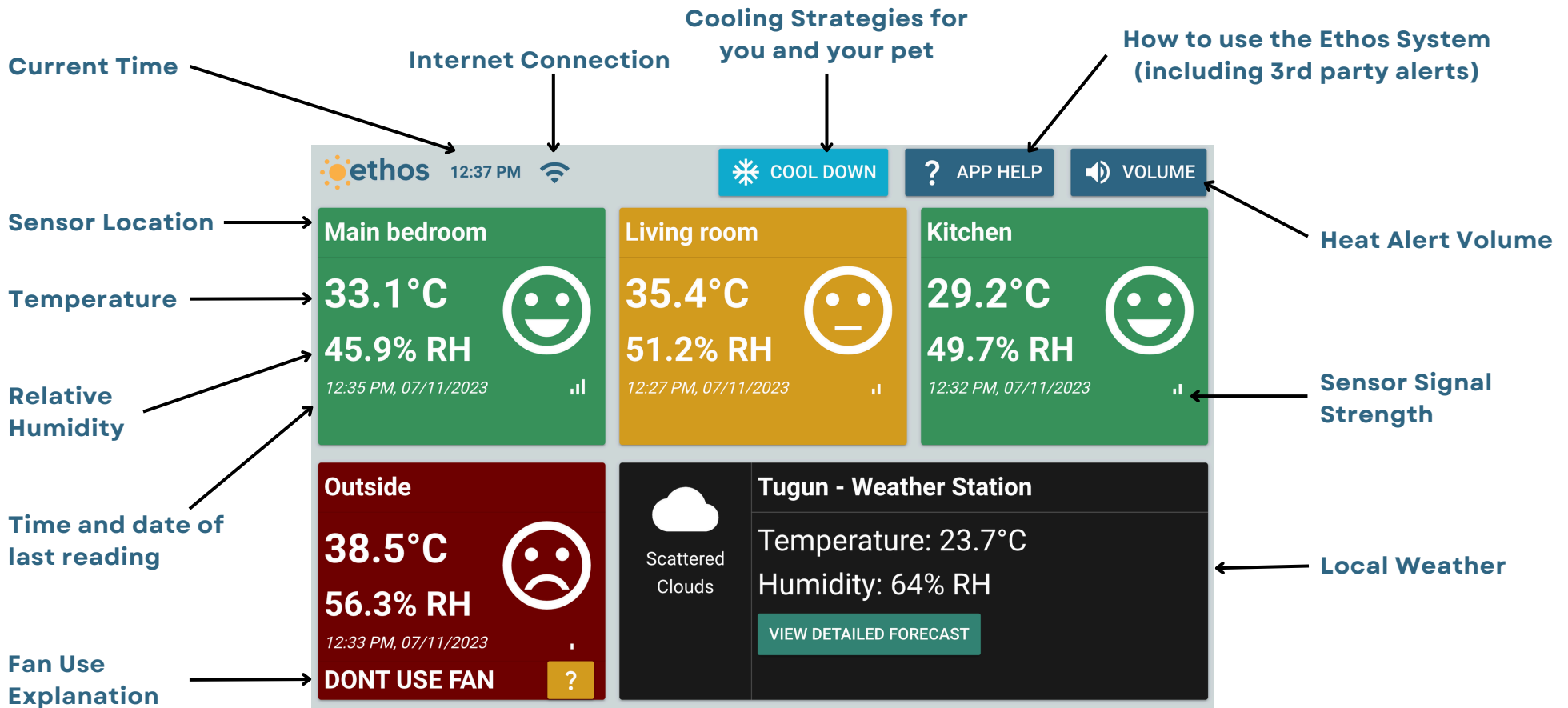
## Individualised heat health early warning system User Guide



For more information about our project, visit our website at [www.climate-ethos.com](http://www.climate-ethos.com) or scan the QR code with your phone

# Getting Started

The home screen (pictured below) is the main hub where you can access all features and functions of the Ethos system.



## Sensor Data

The coloured, square boxes indicate the temperature and humidity picked up by the sensors placed in and around your home. The colour and emoticons indicate your heat health risk based on your personal characteristics and health status.

## Colours & Emoticons

### Green Smiley Face

Readings here are safe for your health.

### Orange Neutral Face

Readings here might be risky. Take steps to cool down.

### Red Sad Face

Readings here are too high. Take action to cool down to prevent your body from overheating.

## Local Weather Forecast

The black rectangular box on the lower right of the home screen shows the weather from your nearest station. Tap 'View Detailed Forecast' to see the recorded temperature and humidity history from this station.