

How to Keep Warm Safely

This fact sheet is for the public and provides information and advice on how to keep warm without gas or electric heating.

Suggestions

- Have hot/warm foods and drinks - ie soup, warm milk.
- Wear plenty of clothing - layers, woollen hat, gloves, thick socks, and use a blanket, space blanket, doona or sleeping bag when sitting.
- Anytime when not active, wear another layer of clothing
- Try going to bed - if possible pre-warm the bed using a hot water bottle. If electricity is available you can use an electric blanket.
- Activities such as reading stories to children will entertain them in bed.
- Increase physical activity - ie walk, jog, swimming at heated pools.
- Visit family, friends or public places with heating - ie shopping centres, libraries, local clubs or movies.
- Using alternative heaters - consider heating only one room (choose the easiest room to heat) and/or create temporary partitions with blankets etc for open plan houses.
- Reduce draughts around doors and windows - ie draught stoppers, newspapers, draw curtains and blinds.
- Avoid any activity which will use up your heat energy ie handling cold objects, drinking cold water.

Safety Issues

- Check open fireplaces are operational before lighting - ie chimney clear, fire screen in place.
- Kerosene and camping heaters - ensure adequate ventilation while in use.
- Do not leave any form of heating running whilst absent from the house.
- Do not drink alcohol to feel warm, as this cools the body.
- Check on older/frail people living on their own without heating.
- Check on physically or mentally challenged people living on their own without heating.

Where electricity is available:

- Do not leave electric blankets switched on while you are in bed or absent from the house.
- Take care with heaters - be careful of clothing close to bar heaters.
- Don't overload your electrical system.

For advice on the risks of burning fuel in enclosed spaces refer to Fact Sheet 8.