Heat Resilience for Home

Duration	**4 hours**
Course Modules	1. Understand how Singapore's hot and humid climate affects indoor comfort and health, especially during warmer months or haze periods. 2. Identify common sources of indoor heat in HDB flats, condos, and landed homes, such as sun-exposed walls, lack of ventilation, and appliance use. 3. Recognize the health impacts of poor heat management, including sleep disruption, dehydration, and increased risk for vulnerable groups (elderly, young children). 4. Apply practical and cost-effective strategies to reduce indoor heat, such as: o Using fans and air-conditioners efficiently o Installing thermal curtains or solar window films o Improving natural ventilation and cross-breezes o Switching off appliances when not in use 5. Understand how to balance comfort with energy efficiency, including optimal thermostat settings and NEA energy label awareness. 6. Explore green and passive cooling solutions, such as indoor plants, ceiling fans, or reflective roof coatings. 7. Be aware of government grants or initiatives supporting energy-efficient appliances or home improvements (e.g. U-Save rebates, HDB Green Town Programme). 8. Encourage household members to adopt shared cooling practices, promoting sustainability and lowering utility costs.
Language	English
Certification	A Certificate will be issued upon completion of the course
Methodology	• Discussion • Scenarios
Course information	Participants will define heat stress. Heat resilience for the home means adapting living spaces to stay cool, safe, and comfortable during extreme heat events. As temperatures rise due to climate change, making homes more heat-resilient is essential for protecting health, reducing energy use, and improving comfort.