

5. Energy

Energy is the ability to do work. It is a scalar quantity, measured in Joules (J). The SI unit of energy is the Joule (J). Energy can be stored in a system or transferred from one system to another. Energy is conserved, meaning it cannot be created or destroyed, only transformed from one form to another.



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Temperature Tips

Need to cool down?

- Turn down the thermostat. The thermostat controls the temperature of the air conditioning system. Turning it down will make the system work less hard to cool the room.
- Close the curtains. Closing the curtains will block out the sun and reduce the amount of heat entering the room.
- Use fans. Fans can help circulate the air and make you feel cooler.
- Take a shower. A cool shower can help lower your body temperature.
- Drink cold water. Drinking cold water can help cool you down from the inside.
- Take a break. If you are feeling overheated, take a break and rest in a cool place.

Feeling chilly?

- Turn up the thermostat. The thermostat controls the temperature of the air conditioning system. Turning it up will make the system work less hard to heat the room.
- Open the curtains. Opening the curtains will let the sun in and increase the amount of heat entering the room.
- Use blankets. Blankets can help trap the heat and keep you warm.
- Take a warm shower. A warm shower can help raise your body temperature.
- Drink warm water. Drinking warm water can help warm you up from the inside.
- Take a break. If you are feeling chilly, take a break and rest in a warm place.

■ **Something broke! What do I do now?**

1. Stop

2. Assess

3. Notify

4. Document

5. Investigate

6. Resolve

7. Review