



## FACT SHEET

# Energy Efficiency Advice

The biggest long-term savings come from changing your energy habits and being more energy efficient around the home.

## Heating Tips



- **Set your heating to go off 30 minutes before you leave the house**, and come on again 30 minutes before you expect to return.
- **Turn the room thermostat down** by 1 degree.
- **Make sure your radiators are not obstructed** by curtains or furniture.
- **Draw your curtains at dusk** to help keep the heat generated inside your rooms.
- **Insulate your loft space** and consider **cavity wall insulation** too.

## Electrical Appliances



- **Use energy efficient light bulbs** which use less energy and last up to ten times longer than standard bulbs.
- **Turn off household appliances** such as microwaves, TVs, videos, music systems, and computers when not in use, as they continue to use energy when they are left on standby.

## Refrigeration



- **Don't leave the fridge door open** and try to avoid putting hot or warm food straight into the fridge as this increases the energy required to keep the contents cold.
- **Defrost your fridge frequently** and check the door seals. Avoid putting your fridge next to heat generating appliances such as an oven or boiler. If possible, keep the freezer in a cool room or garage.

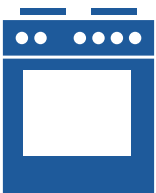


## Washing Machines, Tumble Dryers and Dishwashers



- **Use a low temperature setting** and only wash full loads or use a half-load or economy programme.
- **In summer, dry your clothes outside** rather than using a tumble dryer.
- **When drying your clothes indoors, use a clothes rail** instead of a radiator as this stops the heat from reaching the rest of the room.
- **Modern dishwashers use less energy and water** than washing up by hand.

## Cooking



- **Use a pan which is the same size as the cooker ring** to prevent heat loss.
- **Use a lid on saucepans where possible**, so the contents heat up faster and require less energy.
- **Consider using pressure cookers, steamers and microwaves** which use less energy.

## Hot Water



- **When using a kettle, only boil as much water as you need.**
- **If you live in a hard water area, limescale can affect the efficiency of your kettle.** Look out for a build-up of limescale in your kettle and treat it with vinegar or descaling solutions.
- **Consider turning the thermostat on your hot water tank down to 60 degrees centigrade** which is a comfortable temperature for most people and will save on your heating costs.
- **If you have a standard shower it will use around 40% of the water required for a bath.**