



BE 'ENERGY AWARE' AT HOME

ENERGY EFFICIENCY AT HOME

Being energy efficient at home can save you money! Here are some useful tips – you may be doing some of them already, but there may be other things you haven't thought of.

HEATING	
(1)	Close all curtains at dusk to keep the heat in and open sunny rooms' internal doors to let the warmth travel through your home
(2)	Never open windows or doors to cool a room, turn down the heating instead
(3)	Make sure your heating system is only on when you need it: adjust the timer/programmer until your heating is only on for the hours you need warmth. Try switching it off ½ an hour before you go out or go to bed, saving both money and energy
(4)	Turn down the room thermostat by 1°C and save up to 10% on your fuel bill – 21°C is recommended for your living room and 18°C for your hall. Elderly people and very young children may need extra heat, but do not let babies get too hot
(5)	If hot water is heated separately to the central heating, turn off the central heating pilot light in the summer
(6)	Boilers operate more efficiently and safely when serviced regularly
(7)	Reflective panels behind radiators can reduce energy consumption and shelving over radiators and storage heaters can deflect heat into the room
(8)	Furniture which is in front of heaters or radiators blocks the heat from the rest of the room, so move furniture (and curtains) away from heaters
HOT WATER	
(9)	Check that your hot water tank thermostat is set no higher than 60°C: this is hot enough for hot water; setting it higher increases the risk of scalding and wastes fuel
(10)	Only heat water when you need it. Don't leave water heaters on constantly day and night. The use of a timer with an immersion heater will help to control how much electricity you are using
(11)	Lag your hot water tank with an 80mm jacket
(12)	Make sure hot water taps are always turned off properly, dripping taps waste water and energy
(13)	Put the plug in the sink or use a bowl when washing hands or dishes; running the hot tap can be very wasteful
(14)	Having a 5 minute shower costs approximately 5 times less than a bath
COOKING	
(15)	Cook as much as possible at the same time, using divided pans or steamers. Also, cook several dishes at the same time in the oven and freeze extra portions
(16)	Choose the right sized pan and cooker ring for what you are cooking – on a gas cooker the flames should not cover the sides of the pan
(17)	Always put lids on pans and once boiled, turn down the heat to a gentle simmer
(18)	Try not to use too much water – most vegetables only need to be just covered
(19)	Cut food into smaller pieces as it cooks quicker
(20)	Cook small things like chops under the grill rather than in the oven
(21)	When preparing food, use manual utensils whenever possible
(22)	Pressure cookers and slow cookers are more energy efficient than convection ovens and microwave ovens are especially efficient for heating single or small portions

DOMESTIC APPLIANCES	
(23)	Never put hot/warm food straight into the fridge/freezer
(24)	Defrost your fridge/freezer regularly – this keeps it running more efficiently
(25)	Site fridges/freezers away from the cooker – if this is not possible leave a good gap
(26)	When replacing a fridge/freezer, choose one which is not too big for your needs
(27)	Always load/unload fridges/freezers quickly; for every minute the door is open it takes 3 minutes to regain the lower temperature
(28)	Keep your fridge/freezer around $\frac{3}{4}$ full for best efficiency
(29)	When using a kettle, only use as much water as you need
(30)	If you have a dishwasher, wait until you have a full load before using it and rinse plates first with cold water, before using the economy or quick wash setting
(31)	When washing clothes, wait until you have a full load or use a half load/economy cycle. Wash on a lower temperature setting of 30 or 40 degrees
(32)	Dry washing outside if possible
(33)	When buying appliances look for an energy efficiency label; these are cheaper to run
(34)	Iron clothes damp, on a low temperature setting where possible and do fewer, longer sessions
(35)	Turn TVs, computers and other appliances off properly when not in use – leaving them on standby wastes energy
LIGHTING	
(36)	When a light bulb goes, replace it with an energy efficient bulb which lasts up to 12 times longer and uses about one fifth of the energy
(37)	Turn out lights in empty rooms (but make sure that areas like stairs are adequately lit)
(38)	When decorating, choose pale colours for walls/ceilings, you may need less lighting
GARDENING	
(39)	When gardening or doing DIY, use manual tools wherever possible

**For more information on saving energy and money call
Warm & Well FREE on 0800 500 3076 or visit their website
www.warmandwell.co.uk**

(Warm and Well is managed by Severn Wye Energy Agency on behalf of the seven local authorities in South Gloucestershire and Gloucestershire, and Gloucestershire County Council)