

Saving Energy

Take it home sheet

Did you know that energy used in the home accounts for over a quarter of the UK's total CO2 emissions?

Wasting electricity can harm the environment and increase your energy bills. Take a look at the checklist below, for some of the simple things that you can do to save electricity.

- 1. Turn your central heating down. Reducing your room temperature by just 1°C could save you between £85 and £90 a year. If you have a programmer, set your heating and hot water to come on only when required, rather than all the time.*
- 2. If you're not in the room- turn the lights off. Even if you switch a light off just for a few seconds, you will save more energy than it takes for the light to start up again.*
- 3. Consider investing in a smart heating control that lets you control your heating remotely [e.g. through your mobile phone] so you can adjust it from whenever you are].*
- 4. Turn your washing machine down to 30 degrees – and always make sure the drum is full before putting it on [one full load uses less energy than two and a half loads].*
- 5. Consider upgrading old appliances. Fridge freezers that are more than 15 years old, for example, are likely to be using more electricity than required. Dust because of the fridge once to keep it running efficiently.*
- 6. When boiling a kettle, only fill a kettle with water you need immediately – you'll save around £7 a year.*
- 7. Fix leaky taps. A dripping hot tap wastes energy from heating as well as up to 95 litres of water a day**.*
- 8. Use a bowl to wash up rather than running a tap and you could save £30 a year in energy bills.*
- 9. Draught- proof windows and doors, block cracks in floors and skirting boards, to save up to £25 to £35 a year on energy bills.*
- 10. Don't put hot food in the fridge – let it cool down first otherwise the heat will warm the rest of the fridge and the fridge will need to work harder to cool down.*
- 11. Where possible, dry clothes on a line or airer instead of using a tumble dryer.*
- 12. And finally, remember, if you're not using it – turn it off! You could save around £30 a year just by remembering to turn your appliances off standby mode.*

By The Eco Council