

## TOP ENERGY SAVING TIPS

For the Home...

- Switch all appliances off at the plug instead of using the standby function. This can account for 6% of all energy usage in the home. Standby switch off devices will ensure that this is done automatically. For you!
- Switch your microwave off. The clock may be using more energy over time than is used for cooking. Again, use a simple pluggable standby shutdown device which can be purchased to do this automatically for you.
- Make use of your computer's standby and hibernate features when not in use for a period. When you power-down your desktop computer ensure that the peripherals such as printers, scanners, monitors are also shutdown. Use an automatic extension block that will detect that the computer has been shutdown and switch off the power to the other devices.
- Use your sleep timer or a countdown timer to switch off your TV, lamp or electric blanket when you fall asleep.
- Replace energy inefficient appliances eg TVs, washing machines and, when you are buying appliances, check how energy efficient they are. Most appliances will have a sticker indicating how they are rated.
- Use your larger appliances such as dishwasher and washing machine during low tariff periods say after midnight.
- Always use your washing machine with a full load or follow the manufacturer's instructions for most economical usage such as the economy program. Modern washing machines and washing powders and liquids are designed to work at lower temperatures.
- Don't put wringing wet clothes into your tumble drier. Wring them out first or spin them dry in your washing machine. Hang them out to dry on an old fashioned washing line is the most economical way. On a cold day use a clothes horse or overhead drier or hang them in your airing cupboard if you need them quickly. Radiator hooks can also be purchased for drying your washing.
- Ensure your dishwasher has a full load before switching it on. Replace your traditional filament bulbs with low energy bulbs such as the CFL (Compact Fluorescent Lamp) and more recently the sophisticated low power, long life LED lighting which will soon supercede most existing light bulb types in the home.
- Turn lights off when not in use. Consider installing a presence detector to ensure that lighting is switched off when no one is around.
- Only boil half a kettle of water and use an energy saving kettle
- Always cook with saucepan lids on
- Use your kettle to boil water for cooking – don't heat your water in a pan
- Defrost your fridge and cooker regularly. Check the seals of the lid or door if it frosts up too quickly. Leave a good gap between your fridge and cooker or boiler to let the warm air from the fridge or freezer dissipate
- Timed heating – don't leave the heating on unnecessarily at night or when you are out of the house. Set the timing for the heating and water to turn on an hour before you wake or return home and to switch off an hour before you leave the house.
- Turn the heating down a degree or so – some rooms are just too warm and you get used to it. Dust mites like the heat too!
- Close curtain, blinds and shutters to keep heat in when it is cold.
- Your home entertainment system which includes TVs, set top boxes, DVD players, power amplifiers, games consoles consume power in standby. If you are forgetful or just can't be bothered to keep switching them off, pluggable automatic shutdown devices can ensure that the power is completely removed when they are in standby. There is also a fire safety aspect in leaving a device continually on in

standby and contrary to some opinion, switching off doesn't reduce the lifetime of the appliances.

- Don't install air conditioning as a luxury if you don't need it
- Consider installing solar power and solar heating technology especially when there are grants available to do so.
- Install loft insulation and cavity wall insulation making use of available grants
- Draft exclusion – Install draft excluders around external door frames
- Install double or triple glazing making use of any available grants to do so

#### **For the office...**

- Turn off computers, printers and peripherals that don't need to stay on after use. Use an automatic extension block that will detect that the desktop computer system has been shutdown and switch off the power automatically for you.
- Make sure that copiers, network printers and other centralised IT equipment gets switched off after periods of no use and at the end of the working day.
- Replace traditional strip lighting with lower power alternatives and more recently the sophisticated low power, long life LED lighting which will soon supercede most existing lighting.
- Turn lights off when the office is not occupied. Install absence detection systems.
- Use timed office and water heating.
- Turn off air conditioning when the office is unoccupied
- Keep warehouse doors shut when not loading
- Use 50% less lighting in the warehouse
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#### **Travel...**

- Get an economical car
- Do not use your car for short drives
- Drive your car economically
- Plan your journeys to reduce the number of unnecessary journeys
- Walk to school
- Walk to work, use public transport, bike or car share
- Use more public transport
- Don't over use you printer

#### **Other simple home environmental measures...**

- Flushing toilet – use a half flush
- Recycle waste
- Make use of rain water for the garden – install a water butt
- Compost your household waste for the garden
- Re-use your shopping bags
- Re-use waste printer paper for scrap