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Energy efficiency



All you need to know →

There are lots of simple things you can do to save energy in your home, not only will this reduce your Carbon Dioxide emissions it will also save you money.

In this leaflet we want to provide you with some energy saving tips that you can build in to your every day life, proving that saving energy will not cost you a penny.

Easy to follow tips

Curtains

- At night, draw the curtains to keep the heat in the room.
- To avoid heat loss through windows, take care not to drape curtains over radiators.

Heating

- Avoid opening doors and windows to cool a room that is too hot. Turn the heating down instead.
- Turn the thermostat down just 1C. This can cut as much as 10% off your heating bill.
- You can save even more money by heating your home for an hour less each day (take care not to turn down the heating too much, don't risk the health of sick, young or elderly people).
- If you fit reflective foil behind your radiators, with the shiny side facing the radiator, it will help to keep the heat indoors. This simple task will cost you very little and take just a few minutes.

Water heating

- Remember not to set the thermostat too high on your water heater. 60C/140F is usually high enough.
- Remember to use the plug in your sink – leaving hot water taps running is expensive and wasteful.
- Use a shower if you have one. You'll save, water, time and money. Remember, power showers use more water.
- If you have a dripping tap make sure it is repaired quickly. In just one day a dripping tap can waste enough hot water to fill a bath.

Lights

- Remember to turn the lights off when you leave a room for long periods.
- Be a bright spark and use low energy light bulbs wherever you can. They use less than a quarter of the electricity used by an ordinary light bulb and can last up to 15 times longer.



Dishwashers

- Use low temperature or economy programmes unless you have very dirty dishes.
- Where possible, wait until you have a full load before using your dishwasher.

Hot cooking tips for saving energy

There are many ways to save energy when you cook:

- Use the right size pan for the food and cooker hob.
- Keep saucepan lids on, then you can turn down the heat.
- Don't use more water than you need.
- Use a kettle to boil water for cooking.
- Avoid over filling the kettle for just one drink – but make sure you cover the element.
- Using a microwave uses less energy than a conventional oven.



Use a toaster rather than a grill to make toast.

Clean up with some laundry tips

These energy saving tips take no more time but can save you money:

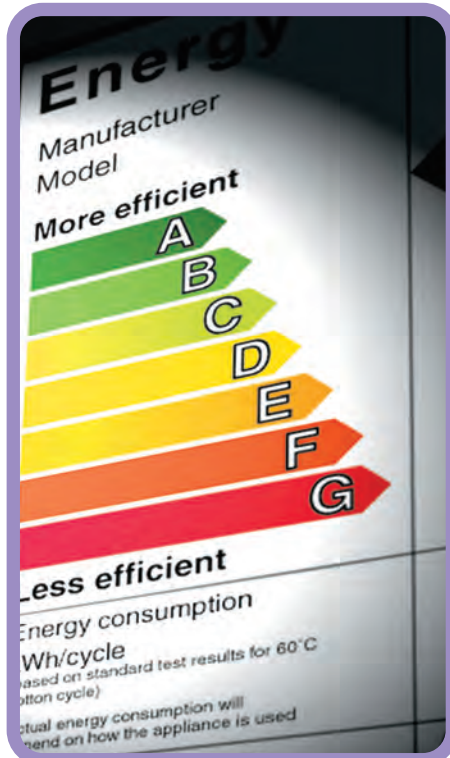
- Wait until you have a full load before you use the washing machine.
- Alternatively, use the half-load or economy programme if your machine has one.
- Remember, most modern washing powders work just as well at low temperatures.
- Where possible, dry clothes on a line or a clothes airer rather than using a tumble dryer.
- Plan your ironing so that clothes which need lower temperatures are ironed first.

Starting with cool temperature setting will save energy

Home entertainment

- Do not use the standby mode for long periods.
- Switch off your television, DVD or video and hi-fi using the on/off button. It's a simple way to save energy.
- If you have a home computer, always remember to switch it off when it's not in use.
- Remember that screen savers only protect the life of the monitor. Unless the screen saver switches off the monitor, it will not save energy.
- Do not leave your mobile phone or other device on charge unnecessarily and unplug the adapter when not in use.

Leaving your television on standby uses 85% of the energy it uses when it is switched on



Out with the old – buying new appliances

Many appliances must have an energy efficiency label when they are displayed for sale, hire or hire purchase. If you are thinking about buying a new appliance it is worth checking the energy efficiency label.

The label includes an 'A to G' coloured scale to show the energy efficiency of the product. 'A' rated products are the most efficient and 'G' rated products are the least efficient.

The label also shows the estimated average amount of energy the appliance uses in kilowatt hours and other useful information.

Fridges:

- Defrost fridges and freezers regularly to keep them running efficiently.
- Don't put hot or warm food straight into the fridge. Let it cool down first.
- Where possible, position your fridge or freezers away from cookers or heaters.

Look out for the energy efficiency label

Don't just wrap up in the winter!

In winter we wrap ourselves up in hats, coats and scarves but we do not always make sure our house is wrapped up against the cold.

Effective loft and wall insulation can reduce heat loss by 45%. Double glazing can cut fuel bills by £40 a year and can reduce heat loss through windows by 50% in addition to reducing noise, condensation and drafts.

Cavity wall insulation will reduce your annual fuel bill by £70–£100 and reduce heat loss by 30%, making your home feel much warmer.

Fitting 250mm of loft insulation can save £100 compared to no insulation and can save you 25% of your heating costs. Loft insulation works because heat rises.

Stopping drafts in your home can save £10 to £15 per year. Drafts often make people feel colder than they actually are and result in the heating being turned up.

Insulating your hot water tank with a thick insulating jacket can cut its heat loss by up to 75%. Adding to, or replacing a worn jacket can also save you money.



Loft insulation scheme

If you do not have any loft insulation or if your current insulation is less than 200mm (10 inches) thick, you can contact the Trust's freephone repair line on 0800 195 3172 and be added to the Trust's loft insulation scheme.

For further information and advice on ways to save energy you can contact the Cheshire Energy Saving Trust advice centre on freephone 0800 512012.

You can also go online to complete a Home Energy Check at www.energysavingtrust.org.uk/check. This free, tailored, impartial report shows how much money and carbon dioxide you could save by energy saving your home.