

Energy saving tips for when you're in your home

Saving energy doesn't have to mean that you spend money. There are many things that you can do to reduce your energy consumption, save money and, in the long run, reduce the effects of climate change

This checklist highlights the energy efficiency measures to consider, saving money on your fuel bills and reducing the effects of climate change!

Kitchen Appliances

◆ Are they "A" rated?

New kitchen appliances such as washing machines and tumble dryers have an energy rating from A-G, with A the most efficient. For refrigerated products, the rating goes up to A++. Energy efficient products carry the Energy Saving Recommended logo.

Lighting

◆ Are most of the light bulbs energy efficient ones (CFLs)?

On average a CFL will last around 10 times longer than a normal light bulb and save about £60 on your energy bills over its lifetime.

◆ Turning your heating down by 1°C can cut your bills by about 10 per cent, which could be around £90 per year.

◆ Make sure the thermostat on the water cylinder is set at 60°C.

◆ When a room is empty, make sure that the lights are turned off.

◆ Close the curtains at night to reduce draughts and heat loss through the windows.

◆ Set your heating to come on around half an hour before you come home rather than leave it on all day whilst no one is in the house.

◆ Instead of keeping the heating on you're in bed, make sure you've got a high-TOG winter duvet or blanket to keep you warm throughout the night.

◆ Don't put furniture in front of a radiator as the heat will be wasted. Did you know that putting silver foil behind the radiator makes it even more efficient?

◆ Although it's easy to leave your appliances on standby or continually charge your mobile, it simply wastes energy. Make the effort and turn them off. The average household could save £28 a year by turning appliances off standby.

◆ Replace your light bulbs with energy efficient ones. Over its lifetime, one bulb can reduce your lighting costs by up to £60 and will last around 10 times longer.

◆ Try to use washing machines only when full and set the temperature for 30°C rather than the usual higher temperature. You'll use about 40 per cent less electricity, reduce carbon dioxide emissions and still end up with clean clothes.

◆ Use the shower and not the bath. You'll use only 55 per cent of the water and heat a bath would need.

◆ Fix dripping taps as soon as possible. One hot water tap can waste the same amount of water as a hot bath in a week.

◆ Cooking with a microwave saves you time and uses less energy than a conventional oven.

◆ When using saucepans, remember to put the lids on; again, your food will cook quicker and save you money.

For more information on improving energy efficiency, reducing your energy bills and helping the environment contact the Energy Saving Trust on 0800 512 012 or visit www.energysavingtrust.org.uk