

Energy Saving Tips

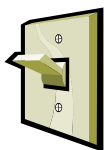


Turn your Thermostat down. Reducing your room temperature by 1°C could cut your heating bills by up to 10%.

Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C/140°F.



Close your curtains at dusk to stop heat escaping through the windows. If there is a radiator under the window, make sure that the curtain tucks behind the radiator to keep the heat in the room.

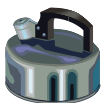


Turn off the lights when you leave a room.

Don't leave appliances on standby. Remember not to leave appliances on charge unnecessarily.



Use half-load or economy programme on the washing machine, dishwasher or tumble drier if you don't have a full load. Or wait until you do have a full load!



Only boil as much water as you need. No need to fill the kettle to the top every time.



A dripping hot tap wastes energy and in one week wastes enough water to fill half a bath. **Fix leaking taps** and make sure they are fully turned off.



Use energy saving light bulbs. Just one can save you £100 over the lifetime of the bulb – and they last up to 12 times longer than ordinary lightbulbs. Available free from the Association!

Think twice before turning on the oven. Heating food in the microwave uses only 20% of the energy required by a full-sized oven.

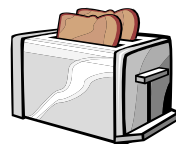


Keep the fridge/freezer full and only put in “cooled down” food. If you don't have enough food to fill the fridge, put plastic bottles filled with water in it. Every time the door of an upright fridge/freezer is opened, cold air rushes out. Keeping the fridge/freezer full reduces the amount of cold air. Also remember to defrost your freezer regularly.



Fit silver foil behind radiators. A third of heat goes straight through walls! You can glue silver foil to cardboard and place it down the back of the radiator.

Use an electric toaster rather than a grill. It will cook toast quicker and save electricity.



Move sofas away from radiators. They can lose half their efficiency when blocked.



Do not place your fridge next to a cooker - it will have to work harder and use more energy.

Turn off your extractor fan as soon as it has done its job. Left running, it can empty a whole house full of warm air.



Use a clothes airer rather than a tumble drier.

The information in this publication can be made available on request in other languages and formats. Please contact us with your requirements.



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