

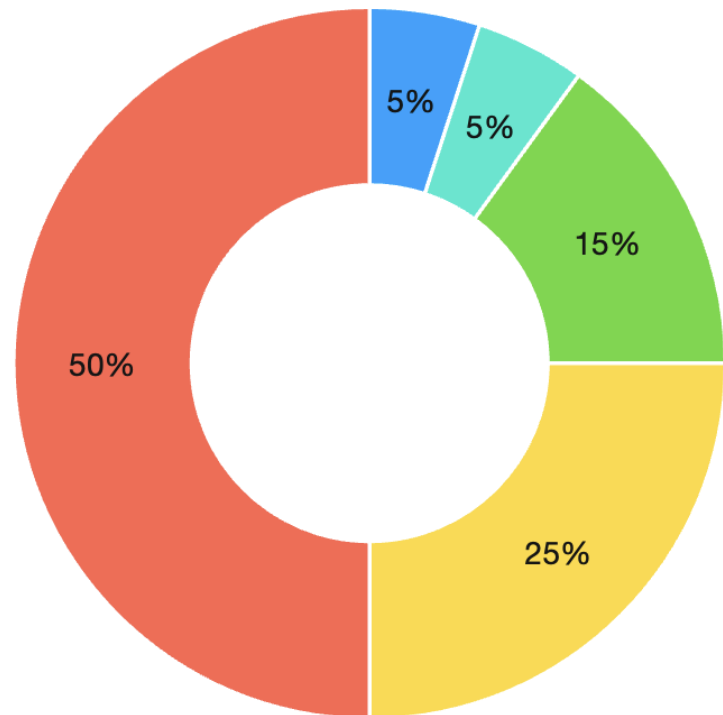
# Easy Ways to Save Energy



## Energy Use in the Home

What uses energy:

- 50% Heating
- 25% Appliances
- 15% Water Heating
- 5% Lighting
- 5% Cooking



# Energy use in the home

## SUGGESTIONS & TIPS



- **Heating:** Lower thermostats, use smart controls, adjust heating settings.
- **Appliances:** Turn off unused devices, choose efficient models.
- **Water Heating:** Avoid wasting hot water, install low-flow showerheads, fix drips.
- **Lighting:** Use LEDs, switch off lights, clean fittings for brightness.
- **Cooking:** Batch cook, reheat with microwaves, minimize oven use.



# Easy Ways to Save Energy



## Heating Energy

- Lower thermostats by 1°C to save up to 10% on bills. Use smart controls and timers to avoid heating empty rooms.
- Seal drafts with door and window strips.
- Keep radiators clear of furniture for better heat circulation.
- Insulate your home with curtains, rugs, and loft insulation.



# Heating Energy SUGGESTIONS & TIPS



- Thermostat Settings: Set to the lowest comfortable temperature, ideally around 18–21°C.
- Smart Controls: Use programmable thermostats to schedule heating.
- Insulation: Simple measures like thick curtains and draft excluders can make a big difference.
- Radiators: Bleed them regularly to remove air bubbles and improve heat output.
- Curtains and Windows: Close curtains at night and open them during the day to trap warmth.



# Easy Ways to Save Energy



## Kitchen Appliance Efficiency

- Use microwaves, slow cookers, and air fryers over ovens when possible.
- Cook in batches and freeze portions to save energy.
- Only boil as much water as needed.
- Replace old appliances with energy-efficient models.
- Keep fridge temperatures between 3–5°C and defrost freezers regularly.



# Kitchen Appliance Efficiency

## SUGGESTIONS & TIPS



- Cooking: Keep lids on pans, match pan sizes to hob burners, and preheat water in a kettle for boiling.
- Ovens: Avoid opening the door while cooking, and bake multiple items at once.
- Fridge/Freezer Maintenance: Dust coils, position away from heat sources, and ensure doors seal tightly.
- Smart Storage: Cool leftovers before refrigerating, and defrost food in the fridge to save energy.
- Freezers: Keep them full for optimal performance .
- and defrost regularly to avoid ice build-up.



# Easy Ways to Save Energy



## Clothes Washing

- Wash only full loads to save water, energy and money.
- Set wash temperature to 30°C or use eco settings.
- Avoid tumble dryers: air-dry clothes outside or in a ventilated space.
- If using dryers, clean filter with each use to save energy.



# Clothes Washing SUGGESTIONS & TIPS



- Temperature Settings: Lower temperatures clean effectively while reducing energy use.
- Drying Alternatives: Air drying saves energy, but only dry clothes outside or in well ventilated areas to prevent damp and mould in your home.
- Tumble Dryer Use: If you must use one, dry similar fabrics together and clean filters regularly.
- Ironing: Iron only when necessary and never wet clothes; it's more energy-intensive.





# Easy Ways to Save Energy



## Reducing Water Heating Energy

- Take shorter showers—aim for 4 minutes.
- Fix dripping taps to avoid wasting hot water.
- Install low-flow showerheads to reduce water usage.
- Insulate hot water pipes and tanks to maintain heat longer.



# Reducing Water Heating Energy SUGGESTIONS & TIPS



- Shower vs. Bath: Showers generally use less hot water than baths.
- Low-Flow Fixtures: These reduce water usage without compromising performance.
- Pipe Insulation: Wrapping pipes prevents heat loss, so hot water stays warmer for longer.
- Taps: Dripping taps waste energy and water: fix them promptly.



# Easy Ways to Save Energy

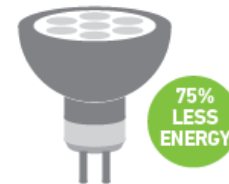


## Reducing Lighting Energy

- Replace old bulbs with energy-efficient LEDs.
- Always turn off lights when leaving a room.
- Use timers or sensors for outdoor lighting.
- Regularly clean fittings and lampshades for maximum brightness.



12V HALOGEN



12V LED



# Reducing Lighting Energy SUGGESTIONS & TIPS



- LED Benefits: They last +11 years and save money long-term
- Switch Placement: Place switches near doors for convenience and energy-saving habits
- External Lights: Timers or sensors ensure they're on only when needed
- Natural Light: Open curtains and clean windows to maximize daylight

