

## Ideas to reduce your energy consumption and costs at home

- Turn off electrical appliances, like the TV after use - don't leave them on standby as this uses nearly as much electricity as when they are in use!
- Washing clothes at 30 degrees uses far less electricity, as much as 30%
- Replace light-bulbs and strip-lights with more energy efficient bulbs - these can last up to 10 times longer
- Reduce water heater thermostats to a maximum of 60 degrees - perfectly adequate for showers and baths.
- Install thermostatic valves to control individual radiators - aim for a setting of 21 degrees for rooms used during the day. Reducing the temperature by 1 degree can cut your energy bill by 7%.
- Boil just enough water for hot drinks not a full kettle
- When buying "white goods" buy those with "A or B" energy efficiency ratings
- Install "double glazing" or at least "secondary glazing" throughout the house - as much as 15% of the warmth generated in a room is lost through the windows
- If your home has one, ensure that the loft is properly insulated - as much as 30% can be lost through the roof area
- Lining the walls (if not already insulated) can reduce heat losses by 12%
- Install solar powered exterior lights which collect energy during the day and give it back as lighting at night.
- Install solar captors to reduce your dependency upon conventional or fossil fuels. There may be financial incentives available and you will see your fuel bills fall. The sun's energy can provide up to 70% of your hot water.
- Change outdated or inefficient heating equipment. A new "A" rated condensing boiler could save up to 35% on the heating bill.
- Position fridges and freezers away from cookers and radiators