

# Energy Saving Tips

## Lights

Always turn them off when you leave a room and replace standard bulbs with energy efficient ones where lights are left on the longest.

## Draughts

Use an easy-to-fix draught excluder on your exterior doors. Fill gaps in floorboards and skirting boards with beading or sealant.

## Curtains

Close your curtains at dusk to stop heat escaping through the windows.

## Heating

Turning your thermostat down by 1°C could cut your heating bills by up to 10%. Fit radiator backing panels behind radiators.

## Water

It doesn't need to be scalding hot. For most people, setting the cylinder thermostat at 60°C/140°F is fine for bathing and washing. Always put the plug in your basin or sink, as allowing hot water running straight down the drain really is throwing money away.

Heat only the amount you really need and have showers rather than baths.

## Fridges

Don't leave the door open. Avoid putting hot or warm food straight into the fridge. Defrost your freezer regularly. If it tends to frost up quickly, check the door seal. If you have your fridge next to a cooker or boiler, leave a good gap between them.

## Windows

Fit double glazing when your existing windows need replacing. Choose the rooms which cost you the most to heat first if you cannot manage the whole house.

## Washing machines and dryers

Always wash a full load or, if you can't use a 'half load' or 'economy' programme. Always use the lowest temperature programme bearing in mind that modern washing powders will be just as effective at lower temperatures. Only use your tumble drier when you can't dry clothes outdoors.

## Chimneys

Make sure that any chimneys and flues used by appliances which burn fuel (gas, coal, oil, wood etc) are regularly swept and checked for blockages.

For more information on safety, please visit the Carbon Monoxide & Gas Safety Society website.

## Loft Insulation

As much as a third of your heating costs could be escaping through your roof. Simply by insulating your loft to the recommended depth of 250mm, you can save wasted energy and around £20-100 a year.

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## **Cavity wall insulation**

Up to 33% of the heat produced in your home is lost through the walls. Cavity wall insulation could save you £100-£120 a year on your fuel bills.

## **Solid wall insulation**

Insulating your solid walls could cut your heating costs considerably, because solid walls let through twice as much heat as cavity walls do. The good news is they can be insulated - from the inside or the outside. External wall insulation can save around £490 per year and internal wall insulation £460.

## **Tanks and pipes insulation**

Insulating hot water tanks and pipes will help keep your water hot. Fitting a British Standard "jacket" to your hot water cylinder will cut heat loss by around 75% and save you money. If you already have a jacket fitted, check that it is at least 75mm thick.