

ENERGY SAVING WEEK – SWITCHING OFF AND DOWN



Switching Off / Turning Down/ Using and Wasting less.

Over 40% of the UK's carbon dioxide emissions, the main greenhouse gas which causes climate change, actually come from the energy we use every day - at home and when we travel. Some of this energy is not needed, it is wasted by gadgets left on unnecessarily, empty rooms being heated or lit, appliances on standby and excess heat being produced by our boilers. So how can we stop wasting energy we don't need and saving the money we do!

Switching Off

- ✓ Always turn off the lights when you leave a room.
- ✓ If you have thermostatic radiator valves, turn off radiators in rooms which you aren't using and shut the door.
- ✓ Households in the UK are estimated to spend around 8% of their electricity bill just powering gadgets and appliances in standby. So switch off your appliances completely. Not leaving products on standby could save you around £33 per year. And remember not to leave laptops and mobile phones on charge unnecessarily as they are still using energy even after they have fully recharged.
- ✓ Switch off the tumble dryer in the summer and dry your clothes outdoors. You can save on average £15 a year on your electricity bill and 65kg of CO₂ by drying clothes outside on a line instead. If everyone in the UK, with a tumble drier, dried outside in the summer instead of using their driers, it would collectively save around £180 million a year. The CO₂ saved is the equivalent to taking 240,000 cars off Britain's roads.

Turning Down

- ✓ Turn your thermostat down. Reducing your room temperature by 1°C could cut your heating bills by about 10 percent and typically saves around £55 per year. If you have a programmer, set your heating and hot water to come on only when required rather than leaving them on all the time.
- ✓ Is your water too hot? The ideal temperature is 60°C/140°F, it doesn't need to be any higher.
- ✓ Washing clothes at 30 degrees instead of higher temperatures uses around 40% less electricity (saving you around £10 a year) Modern washing powders

and detergents work just as effectively at lower temperatures so unless you have very dirty washing, bear this in mind.

Wasting less

Here are some general tips on how to use less energy in the home.

- ✓ If possible, fill up the washing machine or dishwasher: one full load uses less energy than two half loads.
- ✓ Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle). If everyone boiled only the water they needed every time they used the kettle, we could save enough electricity in a year to run the UK's street lighting for nearly 7 months.
- ✓ Also if you de-scale your kettle – the water will boil more quickly
- ✓ UK households use around £2 billion worth of electricity every year on cooling and freezing food and drinks. Defrost your food in the fridge overnight instead of using the microwave to defrost it.
- ✓ Leave hot food to cool down before putting it in the fridge
- ✓ Opening the oven door loses a lot of heat. So if you keep the glass clean, you can check on your meal without needing to open the door
- ✓ If you need to reheat something try using the microwave - it uses less energy than the oven
- ✓ Put a lid on your pans when you're cooking - this will help retain the heat
- ✓ Use the right size pan on the right sized hob - and turn the heat down when the water has boiled
- ✓ Chop vegetables into smaller pieces so they cook more quickly