



PRESS RELEASE

from the Energy Saving
Trust

MORE TOP TIPS FROM THE ENERGY SAVING TRUST 2008-9

The average home can save £300 a year by being energy efficient. Cut your bills and make your home cosier in the winter with these simple steps.

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Cheap and simple energy saving tips

1. Turning your thermostat down by 1°C could cut your heating bills by up to 10 per cent and save you around £55 per year.
2. Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C/140°F.
3. Close your curtains at dusk to stop heat escaping through the windows.
4. Always turn off the lights when you leave a room.
5. Don't leave appliances on standby and remember not to leave appliances on charge unnecessarily.
6. It's best to wait until you have a full load if you're using the washing machine, tumble dryer or dishwasher; but if you really can't wait, then use the half-load or economy programme.
7. Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).
8. A dripping tap wastes around 5,500 litres of water a year: that's enough water wasted to fill a paddling pool every week for the whole summer. If you are on a water meter, mending your dripping tap could save around £18 a year.

9. Replace your light bulbs with energy saving recommended ones: each one you fit can reduce your lighting costs by around £40 over the lifetime of the bulb – and they last around 10 times longer than ordinary light bulbs.
10. Do a home energy check. Just answer some simple questions about your home and we'll give you a free, impartial report telling you how you could save around £300 a year on your household energy bills.

For more information visit: www.energysavingtrust.org.uk or call 0800 512 012 to speak to your local Energy Saving Trust Advice Centre.

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