

10 Top Tips for Energy Saving



1. Change a bulb

One of the most effective and well known ways of reducing your consumption is to switch your regular light bulbs for energy saving bulbs. They last longer and use less energy, so if you change all the light bulbs in your house you could see big savings.



2. Another top tip is insulation

This doesn't have to be expensive solutions like cavity wall insulation and loft insulation (although these will help too). Even something as simple as fitting inexpensive draught excluders or buying a jacket for your hot water tank can make a big difference over time.

3. Only use what you need and turn off what you don't



When boiling a kettle, don't just fill it up. Only boil enough water for your needs. If you are charging a mobile phone or laptop, switch off the charger when the battery is full and unplug the power supply (which will otherwise continue to bleed electricity). When you don't need the towel rail, turn it off. It's all common sense and with a bit of discipline you can save real cash.



4. Washing

Washing clothes at lower temperatures (eg, 30°C) should still get them clean and save you money. Doing full loads rather than half loads is also a more efficient way of using your washing machine - the same goes for the dishwasher.



5. Check your thermostat

Your hot water thermostat should be set to 60°C/140°F, and turning down your central heating by 1°C can reduce your heating bills by 10% (trust us, you look good in a sweater!).

www.spelthorne.gov.uk/environment

environment@spelthorne.gov.uk

01784 448550



6. Don't Leave appliances in standby

If you don't believe us - just open up your TV cabinet and feel the heat that is being generated by your gadgets while they are supposedly sleeping. Many of them will use only marginally less power than when they are in actual use. 10% of a typical household bill goes on paying for lighting. Turn off the lights when you're leaving the room.



7. Get some free money!

There are lots of grants available for home insulation. See if you are eligible by visiting www.energysavingtrust.org.uk or www.gov.uk



8. The Energy Savings Trust offers free home energy checks via their website.

Some gas and electricity suppliers also offer free advice and help with reducing your energy, so try speaking to your supplier to see what they can offer you.



9. Buy energy efficient

Look out for products with the 'Energy Saving Trust Recommended' label, as these will be products that are independently tested and reviewed as the most efficient in the market. Consider also that energy efficient machines are by design better quality than their discounted cousins because they are built with better components, which means that they will do the job better. You may pay more but you will also get more.



10. Defrost

Defrosting your freezer can increase its energy efficiency. When the ice inside builds up to more than a ¼ inch thick, this can prevent the door seal from performing correctly and the cold air that your freezer is working hard to generate will escape into your home.



www.spelthorne.gov.uk/environment

environment@spelthorne.gov.uk

01784 448550

