

## Helping You Use Less Energy

One of our main aims is to advise you on ways to reduce your energy spend. Here are a few simple steps you can take to save energy and reduce your bills.

### Don't leave appliances on standby

Appliances such as TVs, computers, stereos and mobile phone chargers still use electricity when left on standby, so you should switch them off completely when you're not using them.

### Don't use more than you need

Boiling a kettle uses quite a lot of electricity so make sure that you don't fill it with any more water than you need. The same applies to dishwashers, washing machines and tumble driers, so try not to use them until they are fully loaded.

### Reducing the heating a little can make a big difference

Keeping warm in winter is important, but turning down the thermostat for your heating by just 1° C could help reduce your heating costs by almost 10%. If you are away from your property for any time during winter, make sure your heating comes on for a couple of hours, morning and evening at a low temperature to help avoid burst pipes from freezing.

### Seal up the gaps

Sealing any large spaces between floorboards and putting draught excluders at the bottom of doors help rooms keep warm air in and let you turn down the heating slightly.

### Wash clothes at a lower temperature

Your clothes will be just as clean if you wash them at 30°C rather than 40°C and you'll save money on energy used to heat the water.

### Dry clothes outdoors

Drying your laundry outside on a washing line, when the weather is suitable, uses no energy at all (unlike a tumble dryer).

## Fit double glazing

Double glazing cuts heat loss through windows by nearly 50% and will help reduce your heating costs. Closing your curtains when it gets dark and the outside temperature drops will also help reduce heat loss.

## Replace your boiler

If your boiler was installed at your property over 10 years ago it's probably less efficient than more modern boilers. Replacing your boiler with a new high efficiency boiler will cost you less. Please remember that it is important to make sure that you have your boiler serviced by a registered Gas Safe engineer at least every two years.

## Have heating controls fitted

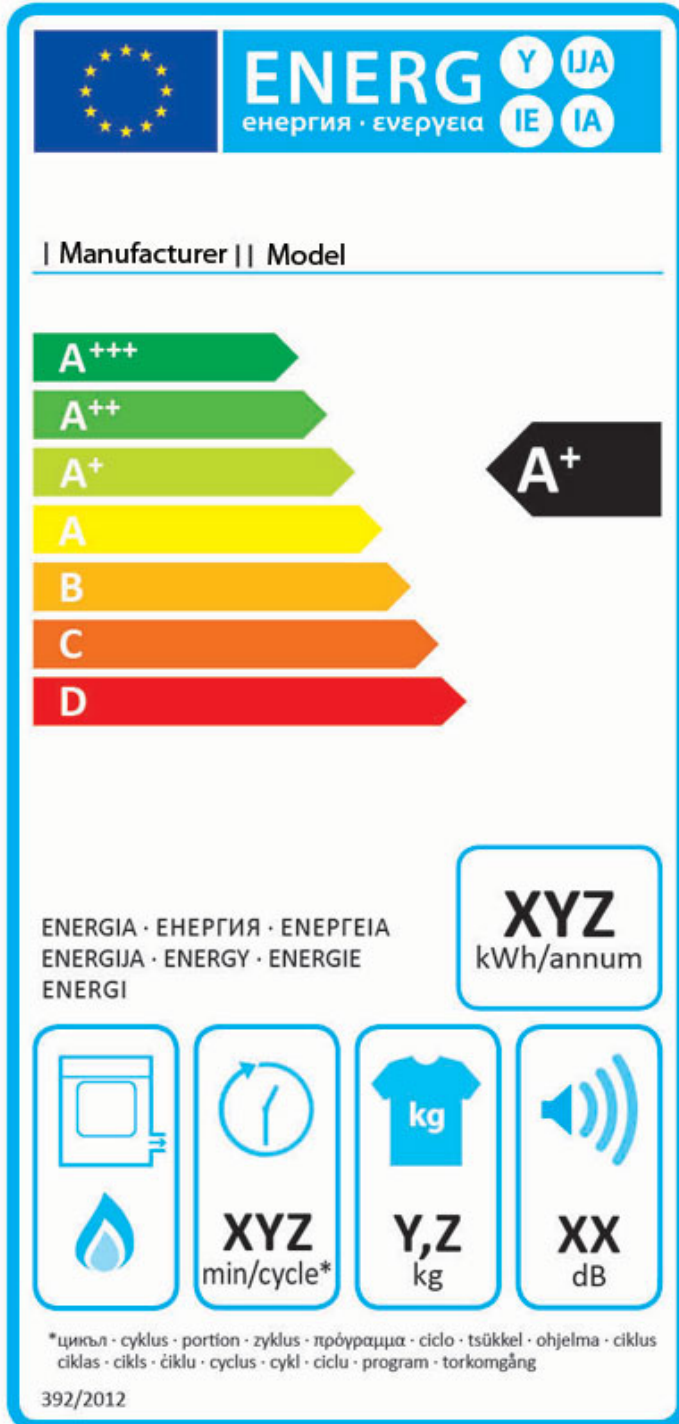
Most homes manage their heating by using a thermostat which can be used to set the desired temperature level. This means your hot water supply to the radiators is only on when its needed.

Most heating systems are on timers so that they are only on when needed, again saving energy. Some hot water tanks have cylinder thermostats meaning the water is not heated more than necessary. A plumber should be able to fit these controls for you if you don't already have them.

## Appliances

If an appliance is more energy efficient it uses less energy and costs less to run. When you need to replace your existing appliances, try to buy the most energy efficient model you can to lower your energy bills.

All new electrical appliances and gas boilers are rated with their level of energy efficiency. A+++ rated appliances are the most efficient and D the least efficient. An example of the label that is attached to appliances to show their energy efficiency level is shown below.



**1. Energy Efficiency Rating**

A+++ is the most efficient, and D is the least efficient, based on the product's energy consumption.

**2. Annual Energy Consumption**

The annual energy consumption (in kWh per year) for each product is calculated using specific EU-defined criteria. Here, for tumble dryers, the figure is calculated based on the standard cotton program at full and half load.

**3. Product-specific information**

You'll also find images showing extra data related to the product, such as capacity, water consumption and noise levels.

## Insulation

If your property has a good level of insulation, this will help reduce your energy spend as it cuts down the heat that escapes through the roof and walls.

Walls are generally insulated using cavity wall insulation. This is installed by filling the gap between the two external walls with insulating material. In the case of older (pre 1940s) properties, which were generally built with a single external wall, solid wall insulation is normally used.

Loft insulation works in the same way but reduces the amount of heat that escapes through the roof rather than through the walls. This is done by layering the attic floor with insulating material. Installing insulation, or topping up the amount of loft insulation that is already there can reduce heat loss through the roof by up to 25%.

## Independent Advice

Energy Saving Trust  
[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

England and Wales  
**0300 123 1234**

Scotland  
**0808 808 2282**

## Energy Action Scotland

[www.eas.org.uk](http://www.eas.org.uk)

Energy Action Scotland,  
Suite 4a, Ingram House,  
227 Ingram Street,  
Glasgow, G1 1DA

**0141 226 3064**

## National Energy Action

England  
[www.nea.org.uk](http://www.nea.org.uk)

Wales  
[www.nea.org.uk/nea-cymru/](http://www.nea.org.uk/nea-cymru/)