

# Energy Saving Tips and Advice



The price of gas and electricity has increased markedly as the global economy has seen a dramatic increase in demand for energy after the impact of Covid-19. Despite this, there are things you can do to reduce the impact on your energy bills and we have prepared a list of handy tips to help you...

## 1) Optimise use of your heating system

Your home's heating system has various controls that can be used to reduce your energy usage. Turn down your room thermostat to 19oc, turn down the thermostatic radiator valves in individual rooms to further cut back on heat usage and adjust your timer clock to reduce heating and cooling times as well.



## 2) Do full laundry loads

Half-load settings save very little energy, so a full load is much more energy efficient. Do fewer (but fuller) wash loads instead. Try and avoid using the tumble dryer as well.



## 3) Use the 'eco' setting

On your dishwasher or boiler, the 'eco' setting heats water more slowly, using less energy. You get the same results; it just takes a little longer.

## 4) Don't use standby mode

Unless switched off at the wall, appliances like your TV continue to use energy, costing the average UK home £35 per year. Switch off at the wall to put a stop to this wasted spend.

## 5) Careful with that kettle

When making tea or coffee, most of us fill the kettle right up. This means as a country we're wasting around £68 million worth of energy a year. By filling your kettle just to the level you need, it could save you up to a third of the energy you have been using.



## 6) Switch to LED bulbs

Traditional bulbs are extremely inefficient. Modern LEDs are the opposite, and also last longer so are less wasteful too.

## 7) Use your microwave more

You'll save energy because it's quicker than using the main oven or stove. It's worth considering a slow cooker too, as they're one of the most energy-efficient kitchen appliances.



## 8) Unplug all your chargers

Across the country, people are unnecessarily over-charging their mobile phones, tablets and laptops. Instead, as soon as your device is fully charged, try to get into the habit of unplugging it. Not only will this save energy, it also prolongs battery life. It could also save you about £60 a year on your electricity bills.

## 9) Close your curtains at night

During the day it's important to try to use as much natural - and free - heat (in the form of sunlight) as possible. But when dusk falls, closing your curtains will help your home retain that heat. This helps keep warmth in the room - but try not to drape them over radiators.

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## 10) Turn down the temperature of your washing machine

With today's effective washing machine detergents, there's often no need to run your washing machine any higher than 30°C – clean clothes and energy saved.

## 11) Dress to the weather

An obvious tip is to ensure you are dressed accordingly in respect of the weather. A cosy jumper or fleece in winter-time keeps you warmer and reduces the need to rely on your heating system to stay warm.

## 12) Not using it? Turn it off!

Get into the habit of turning energy using devices off when not using them - TVs, lights, games consoles are easily left on when not in use.



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