



Basic Energy Saving Tips

Energy Saving Guide

Basic Energy Saving Tips



**Derwent-Head
Home Energy Advice**

Switch off lights when not needed. Try fitting an energy saving light-bulb the next time you need to replace a light-bulb, the new ones are much cheaper than the original ones and the light is softer. There is still though a short period of time for the bulbs to reach full brightness. Particularly try to fit these light-bulbs on the lights you use most. Some Energy suppliers are now giving them away to their customers.

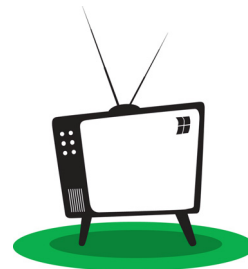
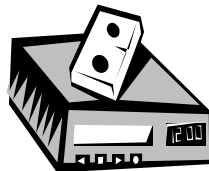


Remove these..



..and fit these

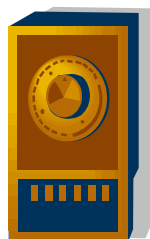
Do not leave the television, video or digi-box on standby. Particularly try to remember to switch them off properly at night-time.



Switch all of these off properly.

Try to keep the freezer reasonably full and when convenient defrost. If cleaning behind the fridge remember to wipe any build up of dust off the cooling panel at the back. Try not to position the fridge or freezer next to the cooker or in confined spaces where the air can't circulate over the cooling panel.

Set the room thermostat at a comfortable but not excessive temperature. Wearing shorts all year round will give you very large bills! A normal comfortable temperature for a living room is 21 deg C (with a temperature 2 to 3 degrees lower than this in the rest of the house). Exceptions are for the elderly or people with limited mobility where it may need to be 23 deg C or higher.



Check the correct temperature setting for being comfortable.



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Consider putting up a washing line for drying clothes on suitable days rather than using the tumble drier, even on a cool day clothes will often dry well.



Make sure the hot water thermostat is set to no higher than 55-60 deg C. This is an adequate temperature for normal use, any higher will use more energy and could scald.



Only fill the kettle with the amount of water you need for whatever you are making rather than heating a full kettle. Always make sure though that the level is above the minimum marked on the kettle.



If your cooker has a hood fan, make sure you turn it off 10-15 minutes after finishing cooking. This is especially so in the winter when it will not only extract the cooking fumes but also remove the warmth from the kitchen.

