



Centre for
Sustainable
Energy



Tips on how to save energy and money at home



An EasyRead Guide



Tips on how to save energy and money at home

The kitchen



Keep the oven door shut as much as you can. Each time you open it, heat is lost.



Keep lids on your saucepans when you are cooking. You will be able to turn the hob down. This will use less electricity or gas.



Only boil as much water as you need in your kettle. Don't fill it right up for only one or two cups of tea.



Put your fridge in a good place. It needs a space behind it. Do not put it next to a cooker or radiator.



Defrost the freezer to keep it working well.

Washing



Wait for a full load of clothes before you put on a wash. This will help you use less energy.



Hang your washing up to dry outdoors. Tumble dryers use a lot of electricity.



If you don't have a garden, hang your washing on a clothes airer in a bathroom.



Leave the window open so you don't get damp and mould.



The bathroom

Keep your showers to four minutes or less, or share your bathwater!



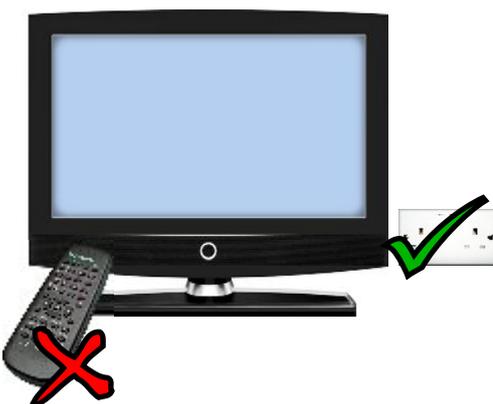
The bedroom

Make sure all the lights are turned off when you go to bed. Use a low-energy night light if you need to.



Switching off

Don't leave your phone or laptop on charge all night. They only need a few hours to charge.



Try not to leave the TV or other machines on stand-by. Turn things off at the wall instead of using the remote controls.



Ask your children to switch off electric toys and lights when they are not using them. They will learn to save energy.



Keep the heat in

Fill up gaps to stop draughts. Get draught-excluders for your front door, letter box and keyhole. Shut curtains when it gets dark to keep the heat in.



If your house is not damp try turning the heat down just a little bit. You will not feel the change and your bill will be cheaper.



Make sure furniture is not up against radiators. It blocks the heat.

Buying new?

Are you buying a new TV, washing machine or dishwasher?



Energy Efficiency Rating		Current	Potential
Very energy efficient - lower running costs			
(92-100)	A		
(81-91)	B		
(69-80)	C		
(56-68)	D		
(43-54)	E		
(31-42)	F		
(1-20)	G		
Not energy efficient - higher running costs			



Get an A or A+ rated model. Look for the 'Energy Saving Trust' logo.



Buying a new computer? Laptops are cheaper to use than desktop PCs.



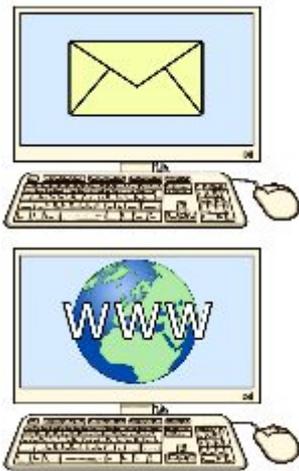
The Centre for Sustainable Energy is a charity.



The Home Energy Team gives free advice on energy saving to people in Bristol and Somerset.



Call free - **0800 082 2234**

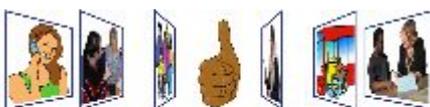


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