

Want to Reduce Energy Consumption?



There are a range of simple actions we can all take to significantly reduce the energy we use in the home:

- Draught proof your home
- Insulate your walls and roof space
- Install energy efficient appliances and heating system
- Turn lights off when not in a room
- Use reflective panels behind radiators
- Use energy efficient light bulbs
- Turn all electrical appliances off when not in use
- Do not leave items such as TV's, DVD players and music systems on standby
- Remove chargers and PC peripherals (i.e. printers) from plug sockets
- Reduce hot water thermostat to 60 degrees
- Reduce space heating thermostat to below 21 degrees if you are fit and healthy
- Only switch heating and lighting when at home
- Only boil the water you need in the kettle
- Keep fridge and freezer doors shut as much as possible
- Dry clothes outside



Assess your usage

One of the most useful ways to assess how much energy you use in your home is to purchase an energy monitor. These will indicate how much you spend on electricity for particular items in a room on a daily basis and highlight areas where you can save money.

