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If you want to cut down on your electricity bills, it will help to look at the appliances you are using. Make a list of your appliances and how long they are on for.

Amount of electricity used.

One unit of electricity is 1kWh or 1000 watts on for one hour. Imagine a one-bar fire on for one hour - that would be one unit of electricity. One unit costs about 13p but, this does vary so you should look at your bill for the cost in your area.

Types of Appliances

Cold appliances

Freezer (upright or chest)	About 1 to 1.5 units a day
Fridge Freezer	About 1.5 units a day
Fridge	Less than 1 unit a day

Heating and hot-water appliances

(2 kW) Half hours warmth – 1 unit
(2kW) Half hours warmth – 1 unit
(1kW) 1 hours warmth – 1 unit
(500W) 2 hours warmth – 1 unit
(1.5kW) 40 minutes warmth – 1 unit
(3kW) 20 minutes warmth – 1 unit

Get in touch

(Note: a 2kW heater produces twice as much heat as a 1kW heater)

Wet appliances

Dishwasher	Full load – about 1.5 units
Tumble dryer	Full load of cottons – about 3.5 units Full load of synthetics – about 2 units
Washing machine	Load of synthetics at 40°C – less than 1 unit Load of cottons at 60°C – about 1 unit

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Cooking appliances

Cooker and hob	About 1.5 units a day	
Kettle	12 pints of boiling water – 1 unit	
Microwave	(850W) 20 minutes on full power – less than 0.5 units	
Toaster	60 slices of toast - about 1 unit	
Other appliances		
Single electric under blanket	1½ hours for 7 nights – less than 1 unit	
Extractor fan	24 hours use – 1 to 2 units	
Hairdryer (500W)	12 ten minute sessions – 1 unit	
Iron	1 hours use – 0.5 to 1 unit	
Shower	7kW 5 minute shower 7 days a week – 4 units	

Gas used by common appliances

It is difficult to work out the running costs of appliances.

Here are some typical running costs. In this case we have taken the average cost of gas to be 4p per kWh, based on current data.

Appliance	Setting	Cost per hour
Average radiant fire	Low	9p
(fires vary in their efficiencies)	High	20p
Cooking	One burner on full	13p
	One burner on low	1p
	Grill on full	17p
	Oven Gas mark 7	6p
	Oven Gas mark 2	Зр



This is about the running cost of appliances

Kjo është për kostot e përdorimit të pajisjeve

يتعلق هذا بالتكلفة الجارية للأجهزة

এটি হল যন্ত্রগুলি চালানোর থরচ সংক্রান্ত

Il s'agit du coût d'utilisation des appareils

આ ઉપકરણોને ચલાવવાના ખર્ચાઓ વિશે છે

यह उपकरणों को चलाने की लागत के बारे में है

Na temat kosztów użytkowania urządzeń

Kani wuxuu ku saabsan yahay qiimaha ku baxo isticmaalka qalabyada korontada ku shaqeeya

Este documento es sobre el gasto de utilización de electrodomésticos

Bu, cihazları çalışma maliyetlerine ilişkindir

یہ آلات کے استعمال پر آنے والے لاگت سے متعلق ہے

Tờ rơi này nói về chi phí hiện hành của các thiết bị

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Published September 2010

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