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Energy Saving no cost tips



ISLINGTON & SHOREDITCH
HOUSING ASSOCIATION
isha

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For Tenants, Shared Owners/Leaseholders

Would you like to save energy without spending a penny?
Here are some handy tips which you may find helpful.

Heating and Hot water

- Turn your room thermostat down by 1° and you can save 10% on your heating costs without noticing any difference in comfort level. The recommended temperature for a living room is 21°C (70°F).
- Water needs to be hot but never scalding. Set the cylinder thermostat at 60°C (140°F) and this will be fine for bathing and washing.
- Close the curtains at dusk to stop heat escaping and draughts coming in. Remember not to cover your radiator.
- Do not put furniture in front of a radiator as it absorbs the heat instead of it spreading into the room.
- Make sure you are not overheating your house at night. A thick duvet is more efficient.
- Keep your cylinder cosy. If you have an old lagging jacket fit a new 80mm one. It pays for itself in months.
- In just one day a dripping tap can waste enough water and energy to fill a bath, so make sure you replace washers when necessary and that taps are turned off.
- Have a shower instead of a bath as you can have five showers for the cost of one bath.



Lighting

- Do not keep electrical appliances (such as mobile phones, rechargeable batteries) charging unnecessarily as this wastes electricity. Turn off when not in use.
- Switch off the lights when you leave a room.
- If you use electricity to heat your water overnight check you are using off-peak rates.
- Low energy bulbs last around 10 times longer and use up to 80% less energy to run than conventional bulbs.
- Turn it off. Don't leave televisions, DVD recorders or computers on standby. Switching things off and avoiding standby can save you around £32 a year.



In the Kitchen

- Put lids on pots when cooking. The food cooks quicker, which saves energy and releases less moisture into the kitchen.
- Only fill your kettle up with as much water as you need i.e. for a cup of tea. Remember to cover the element with water.
- Descale electric kettles regularly – limescale makes your kettle use more power.
- Match pots and pans to the size of the ring – never put a small pan on a large ring. Size matters.
- Don't let flames from a gas ring go up the sides of a pan.
- Once your pan of vegetables, pasta or rice is boiling turn it down to simmer.
- Electric kettles boil water more efficiently than a pan on the cooker.
- Switch off the oven sooner rather than later, some dishes will cook while the oven cools.
- Don't delay. Many modern ovens especially fan ovens, need little or no preheating.
- Electric toasters are quicker and more efficient than electric grills for making toast.
- Microwaves are quick, easy to use, very economical and energy efficient.
- Allow hot food to cool before putting it in your fridge.
- Never leave the fridge door open longer than necessary.
- Defrost regularly if your appliance doesn't do it automatically.
- Rinse hand washed dishes in cold water, not hot.



Washing and drying clothes

- Remember to use the half load or economy setting on your washing machine if you do not have a full load.
- You can reduce your energy consumption by lowering the temperature of your washing machine from 40° to 30°. You will use 40% less electric.
- As tempting as it is, don't dry your clothes on the radiator. It makes your boiler work harder than it needs and will cost you more.
- Hang washing outside where possible rather than using your tumble dryer.



Translations

This is about energy saving no cost tips

Kjo është për këshillat pa kosto të kursimit të Energjisë

يتعلق هذا بنصائح توفير تكاليف الطاقة

এটি হল শক্তির ব্যয় সাশ্রয়ের ব্যাপারে বিনামূল্য পরামর্শ সংক্রান্ত

Il s'agit de conseils pour économiser l'énergie gratuitement

ଓର୍ଜନୀ ବ୍ୟୟତ ବିଶେ ଆ ଟିପ୍ସନୋ କୋଷ୍ଟ ଧର୍ଯ୍ୟ ନଥୀ

यह ऊर्जा बचाने के मुफ्त सुझावों के बारे में है

Na temat wskazówek, jak oszczędzać energię, stosowanie się do których nic nie kosztuje

Kani wuxuu ku saabsan yahay keydka Quwadda ma ahan talooyinka qiimaha

Este documento es sobre ahorro de energía, no ideas sobre costes

Bu, maliyetsiz enerji tasarrufuna ilişkin ipuçlarını açıklamaktadır

یہ توانائی کی بچت کے بارے میں بے لاگت سے متعلق مشورہ نہیں

Tờ rơi này cung cấp những gợi ý về cách thức tiết kiệm năng lượng để không mất chi phí

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