

## Energy Saving Tips

The best way to save money on your energy bills is to use less energy. Throughout your home there are things you can do to reduce how much energy you use. Take a look at our quick tips and see if you're saving as much energy as you could be?

### Around the home

Consider putting on extra clothing before turning up the heating.

Heat your home to the correct temperature (between 18-21C).

Always turn off the lights when you leave a room.



Turn off appliances. Some appliances cost you money even when you are not using them.

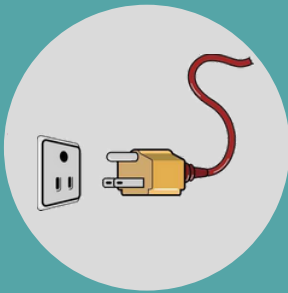
Close internal doors to keep the heat in the rooms.

Don't block radiators with items like damp towels or clothing.

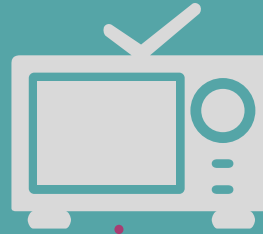
## In the living room

Living rooms are usually home to a wide range of appliances, from TVs to heaters and lights. All use up valuable energy, but with a little planning you could save energy.

Clear a space around plug sockets to make it easy to turn items off at the mains.



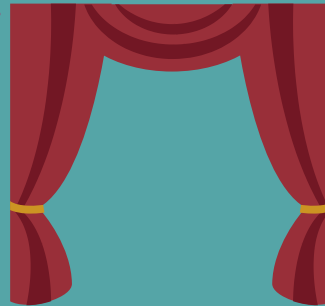
Make sure items that are not in use are unplugged or switched off at the wall.



Lower the brightness setting on your TV or check for an eco-setting. The brighter the

TV is set, the more energy it uses. Factory settings are often too bright for home use.

Draw the curtains at dusk to keep the heat in.



## In the bedroom

We spend a large proportion of our time at home in our bedrooms, so there is plenty of scope for saving energy.



Cut down on heating bills by using the right duvet for the weather - low tog in summer and high tog in winter.

Make sure all the lights are turned off when you go to bed.



Don't leave your mobile phone on charge all night - it still uses energy even when it's finished.

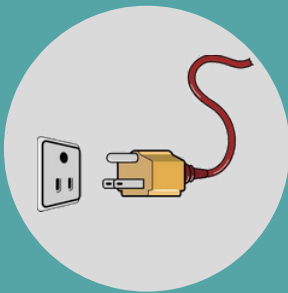


Use draught excluders on bedroom doors to keep the heat in your room during the night.

## In the bathroom

Although it isn't the biggest room in the house, bathrooms still offer plenty of opportunities to save energy.

Unplug electronic devices such as a hair dryer, curling iron or electric razor when you're finished with them. These devices can still draw electricity from the outlet, even when they are switched-off.



Take a short shower instead of a bath because they use much less water. You will save energy by not heating all that extra water.



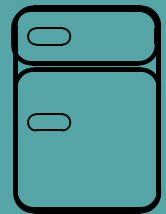
## In the kitchen

Kitchen's contain many appliances which use lots of energy, so energy saving here can have massive impact on your energy bills.

When cooking use the right sized hob ring for each pan.



Allow warm foods to cool before placing them in the fridge.



Set your fridge and freezer to the right temperature, 5°C for fridges and -18°C for freezers.



Reduce your washing machine's temp to 30°C. This uses 40% less energy and still gets clothes clean.

Defrost food in the fridge overnight rather than using the microwave.

Only boil the water you need in your kettle.



Make sure you have a full load before using the dishwasher.

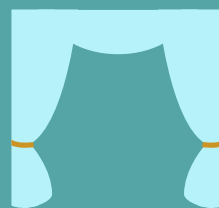


## In the hallway

External walls and doors mean that hallways are often parts of the home that loses a lot of heat. Combat this inefficiency by trying the following.

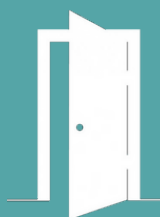


Fit draught excluders around the front door and over the letter box and keyholes.



Consider putting a curtain over the front door to help keep the draught out.

Don't leave the front door open more than necessary.



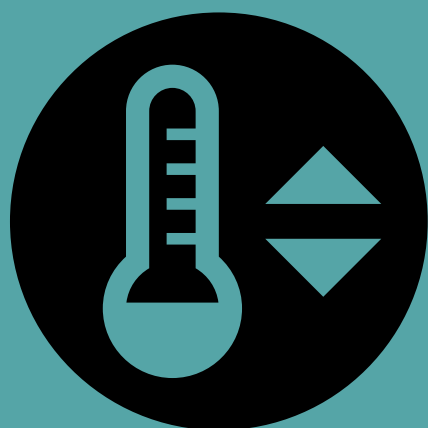
## Using your thermostat

Using your thermostat effectively to control your heating in a way that matches your lifestyle is one of the most effective ways of saving energy. When using your thermostat try to bear the following in mind:

- **Turn your thermostat down:** The recommended temperature for your main living areas is 18-21°C. Reducing your room temperature by 1°C could cut your heating bills by up to 10 percent and save you around £80 per year.

- If you are too hot, don't just open your windows- try using your heating controls.

- Ensure you only heat your home when you are in, otherwise you will be wasting heat. Use a programmer where possible to control your heating patterns.



### More Information

You can find more useful hints and tips about energy saving on these websites.

**Centre for Sustainable Energy:** <https://www.cse.org.uk/advice/energy-saving-tips/>

**Energy Saving Trust:** <http://www.energysavingtrust.org.uk/home-energy-efficiency/energy-saving-quick-wins>

Alternatively contact us at [Energy@fcho.co.uk](mailto:Energy@fcho.co.uk)