

Devon Energy Efficiency Advice Centre

No cost & low cost ways to help you save energy and money

FREE local and impartial advice on how to reduce your energy use and save money in your home

Working with



energy saving trust™

Westcountry
Housing



A member of Westward Housing Group

FREEPHONE 0800 512 012

A hand holding a glowing light bulb against a green background. The background features a large, glowing green light bulb on the right side, and a hand holding a smaller, glowing light bulb on the left side. The overall scene is brightly lit with a green color scheme.

Lighting

- Always switch lights off when you leave the room - even if just for two minutes it will still save energy.
- Fit low-energy bulbs. They use a fifth of the electricity of normal bulbs to produce the same brightness of light and will last 10-15 times longer. There are now low energy bulbs to fit all types of fittings, even dimmable ones.
- Make use of daylight – keep windows clean and furniture away from windows. Adjust your curtains or blinds to let in as much light as possible during the day.

Washing & drying

- Always wash a full load whenever you can – make the most of the energy used for a wash. Use economy, half-load or shorter programmes where applicable.
- Washing at 40°C uses a third less electricity than a 60°C wash, while washing at 30°C saves even more – modern detergents work just as well at low temperatures.
- Dry washing outside when you can. If you have to dry inside, use a clothes airer in a well-ventilated room.
- If you have to use a tumble dryer, dry clothes as much as possible using the spin function or a spin drier first.

Cooking

- Use a small ring or low flame for small pans.
- Keep lids on pans, and turn the heat down to simmer once a pot reaches boiling point.
- Pressure cookers, steamers or slow cookers are all more efficient than ordinary pans.
- Only boil as much water as you need and don't overfill kettles or pans – you waste energy heating extra water. Electric kettles are more efficient than boiling water in pans on electric hobs.
- Using the microwave or the small top oven is more efficient for smaller items. Avoid opening the door of the oven while it is in use and replace any damaged door seals.

Fridges & freezers

- Site your fridge/freezer in a cool place: out of direct sun and away from the cooker and boiler, and keep the temperature between 0-4°C in the fridge.
- Make sure there is plenty of ventilation space behind and above your fridge or freezer, and keep the cooling fins at the back of the appliance clean.
- Keep the door shut and replace damaged door seals – they let heat in.
- Keeping your fridge/freezer about three quarters full allows it to work most efficiently – use empty cardboard boxes if there's not much food in it.
- Allow hot or warm food to cool down before putting it in the fridge.
- Take food out of the freezer in plenty of time to allow it to defrost without using a microwave.
- Defrost regularly – the more ice, the more energy used.

Heating and hot water

- Turn down your thermostat 1°C to save up to 10% on your fuel bill; you won't notice the difference in temperature, but you will notice the difference in your pocket.
- Cut central heating costs by up to 17% simply by using your heating controls properly. If you have difficulty understanding them give us a call, we can help!
- Keep furniture away from radiators and heaters to allow warm air to circulate around the room.
- Close curtains at dusk to stop heat escaping through windows.
- Dodge the draught and stop cold air coming through floor boards, doors and windows - use sealants, brush seals or polythene from your local DIY store or use newspaper or Clingfilm as a temporary measure
- Hot water needs to be hot but never scalding - set your hot water cylinder thermostat to 60°C and cut your heating bills
- An ordinary shower uses only two-fifths of the hot water needed for a bath. If you don't have a shower, why not buy special attachments for your bath taps? They are widely available.
- Insulate your hot water pipes and tanks to stop heat escaping from them. Insulating your hot water cylinder with a British Standard jacket can save you £20 a year.
- Plug it! Put the plug in when running hot water.
- In just one day, a dripping hot water tap can waste energy and enough water to fill a bath. Make sure they are off!



Appliances

- Don't leave your TV, stereo, DVD player or digibox on standby - appliances still use up to 85% of the electricity on standby mode.
- Look out for the Energy Efficiency Recommended Logo when you are buying new electrical appliances. You could save up to £37 a year by upgrading to an 'A' to 'A++' rated model.
- If choosing a new TV, consider an Integrated Digital TV, which doesn't need a separate set top box. LCD screens use much less energy to run than electricity guzzling plasma screens.
- Don't leave mobile phone chargers plugged into the socket once your phone has fully charged.



If you or someone you know would like this 'Energy Saving Tips' leaflet on CD or audio tape, in large print, in Braille, or translated into another language please contact our Communications Team on 01803 200300 or email info@westcountryha.org.uk

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Housing

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