

Top tips

- Turn your thermostat down. Reducing your room temperature by 1°C could cut your heating bills by up to 10 % per year.
- If you have a programmer, set your heating and hot water to come on only when required rather than all the time.
- Is your water too hot? Your cylinder thermostat should be set at 60°C/140°F.
- Close your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors.
- Turn off lights when you leave a room.
- Leaving appliances on standby can use as much as 25% of their fully on energy.
- Remember not to leave laptops and mobile phones on charge unnecessarily.
- If possible, fill up the washing machine, tumble dryer or dishwasher: one full load uses less energy than two half loads.
- Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).

Optimising Power @ Work

Optimising Power @ Work aims to contribute towards the national 33% energy reduction target for the public sector in Ireland, reducing carbon emissions and cutting energy bills for each participating organisation.

For further information or to find out how your public sector organisation can join Optimising Power @ Work, please contact us:

Email: info@opw-energy.ie

Tel: 01 647 6366

Fax: 01 676 7363

Web: www.opw-energy.ie

Energy Conservation Unit

Office of Public Works

52 St. Stephen's Green

Dublin 2



 Optimising Power @  Work

Saving
Energy
@
Home

The kitchen

- If possible, fill up the washing machine or dishwasher. One full load uses less energy than two half loads and use the eco setting.
- If you must use a tumble dryer, separate out the heavier items from the lighter ones. Then dry them separately and not for any longer than necessary.
- Use a bowl or basin to wash up rather than leaving the hot tap running.
- Only boil the amount of water you need. There are kettles available that take just enough water for one cup, from an in built reservoir, before boiling it.
- Make use of residual heat from your oven by turning it off for the last 10 min of cooking time. This can also work with pot and pans on the hob.
- Use lids on pots while cooking and make sure the pot covers the whole of the size of the cooker ring.
- Use the toaster rather than the grill for toasting.
- Fix hot dripping taps immediately. They don't just waste water but energy too.
- Keep your fridge and freezer full. They consume less energy when they are full. You can use water bottles or scrupled up newspaper to fill up empty spaces.
- Make sure your fridge and freezer temperatures are not set too low. 3-5 degrees for your fridge and -15 to -18 for your freezer.
- Cool hot food before putting in the fridge or freezer.
- Choose A rated appliances.

The bathroom

- Take showers rather than having a bath.
- Spend less time in the shower. Take the 3 minute challenge. Take as long as you want in the shower but only run the water for 3 minutes.
- Fit a water-efficient shower head. It reduces your hot water usage whilst still maintaining the sensation of a powerful shower (not compatible with an electric shower).
- Select the eco setting on your electric shower.
- Towel-dry your hair before blow-drying it.
- Fit a jacket to the hot water cylinder and lag pipes.
- Make sure the cylinder thermostat is not set higher than 60 degrees.
- Get dripping taps fixed as soon as possible.
- Unnecessarily running taps and showers wastes water and energy

The living room

- Typically, electrical appliances (such as TVs, computers, game stations etc.) left on standby account for 10% of electricity costs in an average household. Turn them off at night and when not in use. They use a lot more energy than you would expect when in standby mode.
- Use power strips or remote control sockets to make switching off groups of appliance easier.
- 20-21 degrees should be a comfortable temperature to maintain in a living room. Any higher and you are wasting energy.

The bedroom

- Bedrooms do not need to be heated to the same level as living rooms. Temperatures between 16-18 degrees should be comfortable.
- Zone heating so that you don't have to have it on in bedrooms when it is not needed.
- If you use an electric blanket turn it on for half an hour before you go to bed and switch it off immediately when you get into bed. Don't leave it on all night.
- Switch off the lights when you leave the room.

Lighting

- Switch off the lights when you leave a room.
- Use daylight where possible. It is free and more pleasant than artificial light.
- Notice when the day brightens up and switch off any unnecessary lights.
- Use appropriate levels of lighting.
- Switch to LED bulbs.

Heating controls

- Heating controls, such as a room thermostat, programmer and thermostatic radiator valves, will let you set the heating and hot water to come on and off when you need them, heat just the areas of your home you want and decide how warm you want each area to be.
- Turning down your room thermostats by just one degree can save you up to 10% on your heating bill.