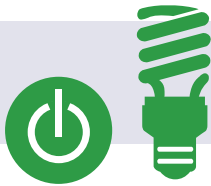


Simple Energy Saving Tips at Home

Here are some Energy saving tips that could potentially save energy, reduce your bills and improve your living conditions.



▶ Switch-off lights when you leave the room. Replace old light bulbs with Compact Fluorescent (CFL's) or LED alternatives.



▶ Turn your appliances off standby mode. Most appliances can be turned off at the plug without upsetting their programming.



▶ Remove mobile phone chargers from plug when not being used. Many chargers still use power, known as 'Vampire Power'. If it is warm then it's using energy and costing you money.

30°

▶ Washing clothes at 30°C rather than higher temperatures, modern washing powders and detergents work just as effectively at lower temperatures.



▶ Fill your kettle up only with the amount of water you need.



▶ Use showers instead of baths (1 bath = 5 showers).

▶ Reduce the amount of time you spend in the shower by 1 minute.

▶ Close doors when you leave the room to stop unnecessary heat loss.

▶ Close your curtains at dusk to stop heat escaping.



▶ Consider insulating your loft, windows and walls, and draught proof windows, doors and letterboxes.



▶ Turning your heating thermostat down by just 1°C could save £75 a year; also:



▶ Regardless of how old your boiler is, the right controls will let you:

- o Set your heating and hot water to come on and off when you need them
- o Heat only the areas of your home that need heating
- o Set the temperature for each area of your home.



▶ Wear extra layers when at home, such as Jumpers, cardigans, dressing gowns and slippers - particularly in colder periods.



**think
GREEN**

For more detailed and specific guides on energy efficiency at home, go to: www.eastrenfrewshire.gov.uk/saving-energy
Or email: thinkgreen@eastrenfrewshire.gov.uk

*Sources: 'Energy Saving Trust', 'Home Energy Scotland' & 'East Renfrewshire Council: THINK GREEN'

East
Renfrewshire
COUNCIL