



How to save energy at home

Over the past year we have been looking at ways to save energy in school. For example, we have worked with the Site and Network Teams to explore ways of encouraging staff to switch off appliances, including projectors and PCs at the end of the school day. We would also like to encourage all members of the school community to save energy at home. The poster below gives simple but effective energy-saving tips. Whilst not all of the tips may be practical in all homes our top three are:

- 1) Spend one minute less in the shower and save around £10 each year per person.
- 2) Switch off lights: even if you turn off a light for a few seconds, it'll save more energy than it takes for the light to start up again.
- 3) Don't leave appliances on standby.

Being energy conscious at home can save your household money as well as reducing the demand for energy which will help to tackle climate change. Act now to make a difference. **The Eco-committee**





Save energy at home

Try one of these handy energy-saving tips to reduce your home's bills and carbon emissions.

Heating and hot water

More than half of your fuel bill is likely to be spent on heating and hot water¹, so it's a good place to start looking for energy savings.

- ▶ Turn down your room thermostat by just one degree and you could save up to £90 a year². Aim for a temperature of between 18-21°C.
- ▶ Spend one minute less in the shower and save around £10 each year, per person³.
- ▶ Switch to a water-efficient showerhead: This could save a four-person household around £67 a year⁴.

Lighting

Lighting consumes about a fifth of your electricity bill⁵, so look for savings here too.

- ▶ You can't buy traditional incandescent bulbs anymore, but you might still have some old bulbs in use, so upgrade these to Compact Fluorescent Lamps (CFLs) or LED spotlights.
- ▶ Switch off lights: even if you turn off a light for just a few seconds, it'll save more energy than it takes for the light to start up again – and this could save you around £15 a year⁶.

Appliances

Homes today have more appliances than ever before, but you can save money by using them more efficiently.

- ▶ Don't leave appliances in standby – this includes always-on devices, such as broadband modems.
- ▶ Only fill the kettle with the amount of water that you need – boiling more wastes water and electricity.
- ▶ Choose energy-efficient appliances but remember that the larger an appliance, the more energy it will consume – regardless of its energy rating.
- ▶ Consider swapping a desktop computer for a laptop, which consumes 85% less electricity over a year⁷.

Households could save about **£250 a year** by installing some energy-efficient measures⁸

Be smart about energy

Make sure you understand your energy usage and everyone in the family is saving energy too.

- ▶ Shop around for the best energy deal, as you could save more than £350⁹.
- ▶ Consider investing in a smart heating control that lets you manage your heating from your mobile.
- ▶ Explore the whole family in saving energy! Find quizzes, activities and games – like our fun energy-saving game Power Patrol – at jointhepod.org.

¹ www.energySavingTips.org.uk/home-energy-efficiency/heating-and-hot-water; ² www.energySavingTips.org.uk/home-energy-efficiency/energy-saving-quick-wins; ³ www.wich.co.uk/energy-saving/energy-saving-tips/home-energy-efficiency/energy-saving-tips/; ⁴ www.energySavingTips.org.uk/home-energy-efficiency/home-appliances; ⁵ This was the average annual saving made by consumers using Which's Switch service between 1 November 2010 and 30 May 2011.