

Energy saving tips for the home



*Help save the planet and
money*

Heating

- Turning a thermostat down by just one degree can have a big impact
- Combi boiler – tweak the flow temperature
- Don't heat whole home when you spend most of time in one room
- Noisy radiators or cold spots – check and bleed if necessary
- Boiler – make sure it is healthy and running efficiently
- Keep doors closed
- Line curtains
- Put reflective panels behind radiators / don't block them
- Consider insulation
- Turn draught detective

Water

- Do you dilute hot water with cold to stop bath/shower being too hot? if so turn down the water temperature
- Hot water cylinder – check it is well insulated

Appliances

- Know how much appliances cost to run
- Kettle – check how much water you boil/how often/can you use a flask
- Wash clothes less often or on a cooler setting
- Tumble dryers – minimise use/maximise load / try adding 'drying balls' / clean filters
- Dishwasher – don't run half empty
- Fridge/Freezer – check temperatures / defrost/clean for efficiency
- Oven – avoid using for a single dish use microwave/air fryer/slow cooker where possible / leave door ajar after use
- Hob – use smallest pan necessary/with lid/use right size ring for pan
- Don't leave devices on standby
- Turn off lights in empty rooms
- Check your lightbulbs

Water

- Fit water-saving devices
- Swap bath for a shower and check shower time
- Use a washing-up bowl rather than running tap