

Save energy in your home

Kitchen

Always use the right sized pan for the job, and use the correct hob ring for each pan.

Let warm foods cool down before putting them in the fridge.

Keep the oven door shut as much as possible and make sure the glass door is clean so you can see what's going on.



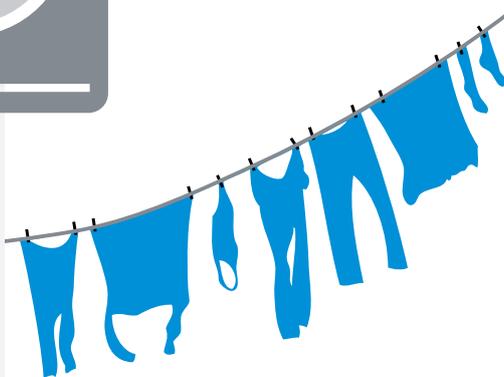
Washing tips

Spin your clothes on the washing machine's highest spin cycle before putting them in the tumble dryer.

Washing clothes at 30 degrees rather than higher temperatures will save around 40% of the energy used each year. Modern washing powders and detergents work just as effectively at lower temperatures.

Wait until you have a full load before putting on a wash.

Try to minimise unnecessary washing by hanging up clothes to air after using them. This way you can get the maximum use out of each item before needing to wash it.



Bathroom

A quick shower will use less energy than taking a bath.

Check that your fan is only set for the time needed to clear condensation and smells from the bathroom.

Invest in a shower timer to help you see how long you spend in the shower – shorter showers use less energy!

Don't leave the taps running continuously while you brush your teeth, shave or wash your face – fill the basin or just turn the taps on when you need them.



Extra hot water tips

Power showers can easily use as much water as taking a bath – consider fitting an aerated or low-flow showerhead to cut down water use.

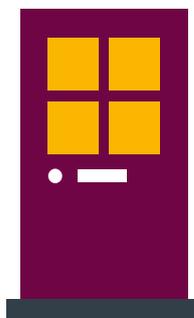
If you have a hot water tank, try to set your programmer to best match the times of day when you use hot water, so you're less likely to heat water when you don't need to.

Hallway

Fit draught excluders around the front door, and over the letterbox and keyhole.

Putting a curtain over the front door helps keep the draughts out.

Get into the habit of closing all the doors to keep the heat in each room.





Living room

Don't leave things switched on or on standby when not in use.

Get into the habit of turning off the television at the socket and not leaving it on standby. You can buy mains controllers which do this by remote control.

Draw the curtains at dusk to keep the heat in.

Lighting tip

Replacing all bulbs in your home with LED equivalents will **cut your lighting bill by 50% [a year]**.



Bedroom



Towel-dry your hair thoroughly to cut down use of your hairdryer.

Use a hot water bottle to warm the bed up, rather than an electric blanket.

Don't leave your phone charging all night – it should only need a couple of hours.

During winter, set the heating to switch off a while before you go to bed – that way it won't stay on unnecessarily once you're all tucked up.

Set your heating to come on a bit before you wake up but time it so that it switches off again before you leave.

Office and Playroom

It costs hundreds of pounds to run a TV, laptop and games console every year, especially if they are always left on when not in use.

Encourage your children to turn off equipment at the socket by making it easy to access the switch.

If your children need a night-light make sure it's a low energy bulb – the very lowest wattage should be enough.

If you are thinking about buying a new computer, consider a laptop or tablet. Laptops use 83% less electricity over a year than a desktop. Tablets use on average 75% less power than laptops

Dining room

If you don't use the dining room often, make sure your radiator is set to the lowest setting.

Don't forget the room will heat up if you're having guests round.

Don't overdo the catering; wasted food makes a significant contribution towards CO2 emissions and costs you money!



Here to help

Home Energy Scotland is funded by the Scottish Government and managed by Energy Saving Trust to provide free, impartial energy advice.

For more energy saving tips and help with staying warm, call us on **0808 808 2282** or visit **homeenergyscotland.org**

 HomeEnergyScotland  @HomeEnergyScot  @HomeEnergyScot



HAPPY TO TRANSLATE

ALE021-01-1022 © October 2022

Energy Saving Trust Limited.
Registered in England and Wales No.02622374

*Based on replacing a 50W incandescent bulb.

Based on an average standard electricity price of 34.0p/kWh. Correct as of October 2022.

This information is available in large print, braille, or other languages on request.