



AN INTRODUCTION TO SAVING ENERGY

Easy ways to save energy around the home without spending a cent!

Heating/Cooling

- Close off sections of the house that are not being heated or cooled.
- On sunny winter days, pull back the curtains to let warmth in through the windows.
- On hot summer days, close the windows and draw the curtains.
- Set thermostats on cooling units between 24 - 27°C.
- Set heating thermostats to 18 - 20°C.

Kitchen

- Set your fridge thermostat between 3 - 4°C.
- Place the fridge out of direct sunlight and away from heat sources.
- Let steam from hot food stop before putting it into the fridge.
- Wait until the dishwasher has a full load before running it.
- Use energy saving dishwasher cycles.
- Microwaves cook food three times faster than standard full size ovens, saving up to 70 per cent of electricity used for cooking.

- It takes a lot of energy to bring food / water to the boil, but once boiling the energy setting can be cut by two-thirds.
- Use the oven light to check on food in the oven rather than opening the door.
- Thaw frozen food in the refrigerator.

Laundry

- Adjust the water level to match the load.
- Use the soak cycle to remove stains.
- Use warm or cold water settings rather than hot.
- Use a clothes line to dry your washing.

Bathroom

- Have a short shower instead of a bath.
- Set your storage hot water system to just over 60°C. (Instantaneous to 50°C).



TANYA HA, an expert in environmental living and the author of *Greenology* and *The Australian Green Consumer Guide* provides advice on energy saving in your home.



Department of Environment and Conservation
Department for Planning and Infrastructure



General

- Remember to turn off appliances at the wall when they are not in use.
- Turn heating and cooling appliances off when you leave your home.
- Switch off the bar fridge if you are not using it for an event.

Want to save even more? Why not invest in:

- replacing incandescent light globes with compact fluorescent light globes;
- installing a pelmet and lined curtains that reach to the floor;
- shading windows with awnings;
- insulating your ceilings, walls and under timber floors;
- using reversible ceiling fans. They only cost around one cent per hour to run and can reduce your heating and cooling costs;
- getting an approved service agent to regularly service your heating and cooling appliances;
- installing flow regulators and low-flow showerheads;
- making sure your fridge/freezer doors seal properly;

- purchasing PCs, monitors, printers, fax machines and copiers that “power down” after a user-specified period of inactivity;
- considering a pool blanket to reduce heat loss if you have a pool;
- upgrade your old fridge to an energy efficient model;
- switch to a solar hot water system.

Find out how long it will take for your investments to pay for themselves by using the “Living Smart Ready Reckoner”.

Making a big investment? Check this out:

When you buy an appliance you should compare the size, features, price and running costs. For electric and natural gas appliances the energy rating label provides a useful guide. Look out for the energy rating sticker on appliances in the shop, or do your research at home by looking up the most energy efficient options on www.energyrating.gov.au