



ENERGY SAVING TIPS

Front room

Turn off all appliances when not in use, leaving them in standby continues to use your electric ==TV- Laptop-Radio- Games Consoles

Turn down your heating by one setting and put on a jumper/ fingerless gloves, thick socks/slippers-- really does make a lot of saving

Turn off lights when not using and invest in LED bulbs as they use up less energy

Unplug your charger when its done. (Use library or College to charge as its free to you then.)

Close curtains to retain heat, try to have Thermal curtains as they keep heat in.

Move furniture away from radiators to allow heat flow

Kitchen

Turn off all appliances when not in use == Cooker-Washing Machine-Microwave-Kettle- Toaster

Try to do a full wash each time you use your washing machine as this will ensure you do not use extra electric, try to do a lower setting to wash

Only put enough water in Kettle that you intend to use as too much will add to cost of heating it up

Try to do a full washing up load in the bowl

Try to use your microwave more as this uses less energy than the cooker.

Use a pan suitable for the amount you are cooking this ensures you are not heating a larger area, use only enough water to cover the food not too top of pan, use the pan lid to help retain heat.

If using an electric oven turn off 10 minutes before time end as it will continue with cooking whilst cooling down.

If you can invest in one get a slow cooker as this uses the energy of a lightbulb to cook and leaves you to be able to do other things at the same time.

Turn off lights when not in use, use LED light bulbs

Bathroom

Don't run tap when brushing teeth or washing face or shaving as you are wasting quite a bit of water

Use shower rather than a bath as uses less water, try to shower in 2 minutes to use less energy (Egg timer is good for this) otherwise stick to the 5 minute rule

Invest in a water cistern bag as this will use less water in your flush [Free Save A Flush Bag | LatestFreeStuff.co.uk](#)

Turn off lights when not in use, use LED lightbulbs

Get fixed dripping taps or leaks.

Bedroom

Turn off all appliances when not in use == Hairdryer-Hair Straighteners-TV-Electric toothbrush-Gaming Console- Radio

Turn off lights when not in use, use LED lightbulbs

Move furniture away from radiators to allow heat flow

Turn down your heating by one setting --use hot water bottle or heat bag to help keep you warm in bed

Close curtains to retain heat, try to have Thermal curtains as they keep heat in.

Other

Get your provider to give you a smart meter that way you can see what you are using

Set up direct debits as it is cheaper than meters.

Use a draught excluder by windows and doors, close doors when not in rooms as this will help retain heat.

