

101 Energy Saving Tips



This is a comprehensive list of tips that will save on energy use and cost. Add any more tips you can think of and share the list with anyone who is interested in reducing energy use.

1. Heating and Keeping Warm

- Check the room temperature before turning the heating on.
- Know how to use the heating controls and set them to match daily activities.
- Check heating controls daily making sure they match the days activities and weather.
- Upgrade to smart heating controls.
- Turn the thermostat down. 1 degree can save 10% of heating costs.
- Reduce the flow temperature of your combi boiler.
- Make sure the room thermostat is in an appropriate location.
- Install Thermostatic Radiator Valves and use them to turn down radiators in unused rooms.
- Regularly service the boiler to maintain it and keep it as efficient as it can be for its age.
- Upgrade heating system to a more efficient one.
- Don't use plugin heaters as these are often use more energy than heating systems.
- Bleed radiators to make the heating more efficient.
- Clean trapped dust and spider's webs from behind the radiators to make them more efficient.
- Add reflective radiator panels to reflect the heat into the room.
- Keep furniture away from heat sources to stop the heating being blocked.
- Put on warmer clothing/extra layers/hats/socks/slippers.
- Use blankets, electric blankets and throws; microwavable wheat bags and heat pads; electric heat pads and heated clothing.
- Warm the kitchen by leaving the oven door open after use – ensure it is safe to do so.
- Regularly have hot food and drinks.
- Stay active and move around.

2. Heating Water and Hot Water Saving

- Install a thermostat and timer on immersion tanks or check existing ones are working.
- Turn the thermostat down especially if the water is too hot to use.
- Reduce the length of time the water in your hot water tank is heated for.
- Only heat water once a day or every other day.
- Use an electric shower, washing machine and dishwasher, instead of hot water from the tank.
- Wash up in a bowl instead of a large sink or constantly running the tap.
- Shower instead of having a bath.
- Reduce shower times to 4 minutes.
- Save water and have some fun by sharing the bath or shower with someone else!
- Fit water minimisers to taps and showerheads.
- Stop using the hot tub.
- Shower or bath less often.

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3. Laundry

- Only put the washing machine on when it is completely full.
- Wash at 30 degrees or below.
- Use economy settings on the washing machine.
- Double or triple spin the clothes before drying.
- Don't use or reduce the use of a tumble dryer.
- Part dry clothes first and then finish them off in the tumble dryer.
- Use tumble dryer balls to reduce the time the dryer is on for.
- Use a heated or unheated laundry rack instead of a tumble dryer.
- Check clothes are dirty before they are washed. Could they be worn again?

4. Kitchen and Cooking

- Don't overfill the kettle - Only boil what is needed.
- Use a flask to use any excess boiled water later.
- Defrost the freezer regularly.
- Keep the fridge and freezer $\frac{3}{4}$ full.
- Monitor fridge temperature so it is not colder than it needs to be.
- Clean dust from the back of fridges and freezers.
- Make sure that dish washers are full before starting the wash cycle.
- Use the economy settings on your dishwasher.
- Use every shelf of the oven when it is on.
- Use the residual heat of the oven and hob to complete the cooking.
- Cook smaller cakes and pies, cut joints of meat in half, chop vegetables into smaller pieces.
- Use packet food- Instant mash uses less energy to make than boiling potatoes.
- Use a slow cooker/microwave/steamer/air fryer.
- Make sure the saucepan fits the ring/burner on the hob.
- Put lids on pans to reduce the boiling time.
- Defrost food first before cooking.
- Batch cook and reheat in the microwave.

5. Appliances and Gadgets

- Upgrade to energy efficient appliances
- Turn appliances off rather than leaving on standby.
- Unplug chargers when phone and laptop are sufficiently charged.
- Reduce hoovering, ironing and any other housework that requires electricity.
- Use timer plugs on items that regularly get forgotten about and are left on.
- Towel dry your hair before finishing it off with the hairdryer.
- All watch telly together in one room so only one appliance is being used.
- Get an in-home-display to monitor what item in your home uses the most energy.

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6. Lighting

- Fit LED light bulbs
- Turn lights off whenever you leave the room.
- Turn off lights overnight, give children a wind-up torch if they are scared of the dark.
- Fit timers so that lights are not left on unnecessarily.
- Reduce the number of bulbs from downlighters and multi light pendants.
- Use a lamp instead of a large multi light pendant.
- Use solar lights for the garden.
- Turn off permanent outside lights or fit sensors.

7. Draughtproofing

- Check for draughts and install draught proofing for all – internal and external doors/windows/under doors/chimneys/loft hatch/holes in external walls/floorboards/skirting boards/letterbox/keyhole/cat flaps.
- Install secondary glazing – permanent or film packs.
- Close doors throughout the home.
- Close extractors/trickle vents when not needed.
- Add thicker or thermal lined curtains and blinds to all windows.
- Add curtains to external doors.
- Draw all curtains and blinds every night at dusk.
- Cover bare floors, preferably with thick carpet and underlay.
- Add rugs for additional warmth.

8. Insulation

- Install sufficient insulation in the loft, walls and floors of the home.
- Add insulated wallpaper if unable to insulate walls.
- Add hot water tank jackets to bare tanks.
- Lag hot water pipes

9. Supplier (this section is money saving not energy saving)

- Compare prices and switch if a cheaper tariff is available.
- Check that the type of tariff is the most appropriate for the home.
- Submit regular meter readings.
- Pay the supplier via Direct Debit.
- Check for available discounts and grants.
- Buy heating oil in the summer when it is cheaper.
- When buying oil use comparison websites, local suppliers price match options or local buying club.