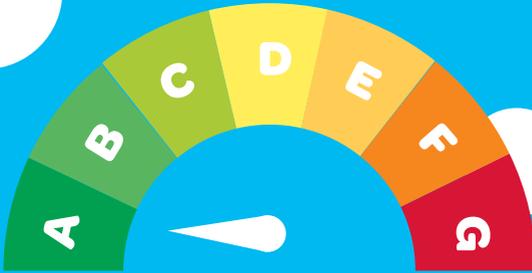
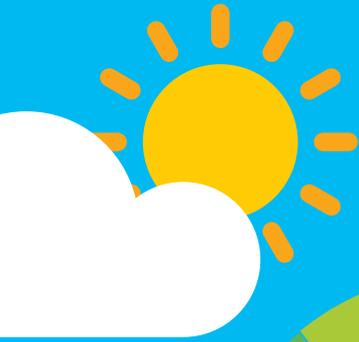


# Think Energy

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## HOME ENERGY SAVING KIT MANUAL

Take charge of your energy use today



# Contents

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@EnergySavingKit

## We need your feedback!

If you've tried our Home Energy Saving Kit, why not tell us what you think by filling out our survey:

**[www.codema.ie/survey](http://www.codema.ie/survey)**

Your feedback will help us to improve the Home Energy Saving Kits, and will allow us to guide you to the next steps in improving your home's energy efficiency, by providing **advice**, and further information on **grants** available.

# Background

Codema is Dublin's energy agency and aims to accelerate Dublin's low-carbon transition through innovative, local-level energy and climate change policy, planning and projects, in order to mitigate the effects of climate change and improve the lives of citizens.

We aim to achieve this by:

- Working with the four Dublin Local Authorities in leading and influencing the low-carbon transition
- Making innovative energy projects mainstream with wide-scale impact
- Influencing national and European policy through our on-the-ground knowledge of best practice models in Europe
- Supporting networks of communities in developing a low-carbon energy model
- Identifying and championing best-practice, low-carbon transport and building solutions

**To find out more about the kit, visit [www.codema.ie/energysavingkit](http://www.codema.ie/energysavingkit)**

# Introduction

The Home Energy Saving Kit has been developed to help you understand your energy consumption at home, whether you own or rent your accommodation. It provides five practical energy saving tools which will help you conduct your own home energy audit and find the easiest and most important areas to reduce your energy. By implementing easy energy saving measures, you can reduce your energy bill by up to 20% while improving the comfort of your home and helping to contribute to a better environment at the same time.

This manual has been designed for easy use and to give you a basic understanding of your current energy needs at home. Technical expertise or extensive knowledge on energy are not required.

## So what are you waiting for? Get started and save energy now!

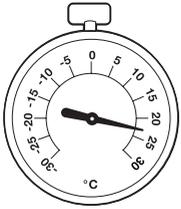


For free energy saving tips, why not download our Guide to Home Energy Savings from [www.codema.ie/energysavingkit](http://www.codema.ie/energysavingkit) and start changing your habits today!

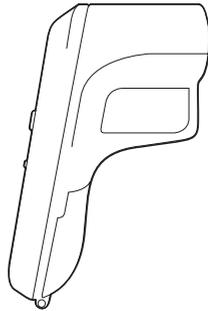
# What's included

The following five energy saving tools are included in this Home Energy Saving Kit and address three key areas of energy use in your home - space heating, hot water and electrical appliances. The stopwatch is not included as part of this kit, but you can follow our instructions on measuring your water flow rate using your own stopwatch (e.g. on your phone).

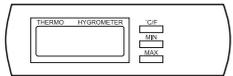
## Fridge/Freezer Thermometer



## Thermal Leak Detector



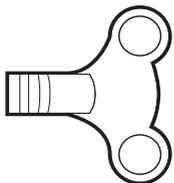
## Temperature & Humidity Meter



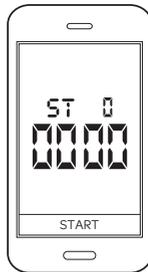
## Plug-In Energy Monitor



## Radiator Key

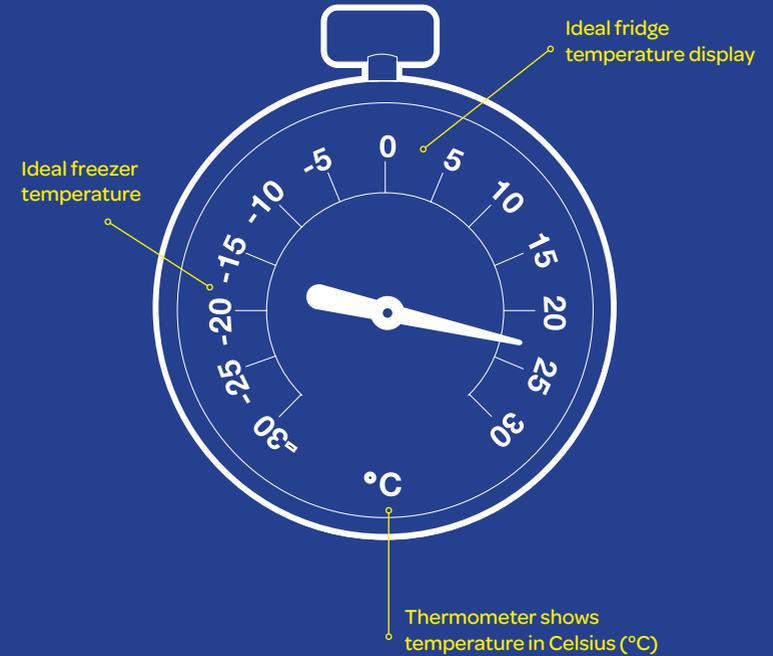


## Stopwatch (not included in this kit)



# Fridge/Freezer Thermometer

The fridge/freezer thermometer in the Home Energy Saving Kit can help you save energy by allowing you to measure the temperature of your fridge and freezer accurately, and to adjust it accordingly.



# Fridge/Freezer Thermometer

1



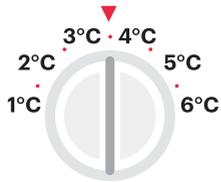
**Place the thermometer onto the middle shelf of the fridge.** Avoid placing it too close to other items or into the fridge door, and make sure you have not recently placed a warm dish into the fridge.

2



**Wait 30 minutes** for the thermometer to adjust to the fridge temperature while the fridge door is closed.

3



**Check that the fridge is between 3 to 5°C.** You may need to change the temperature of your fridge to a different setting and then repeat Steps 1-2.

# Step-by-Step Guide

4



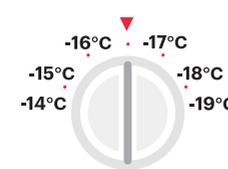
**Place the thermometer onto the middle shelf of the freezer.** Avoid placing it too close to other items.

5



**Wait 30 minutes** for the thermometer to adjust to the freezer temperature while the freezer door is closed.

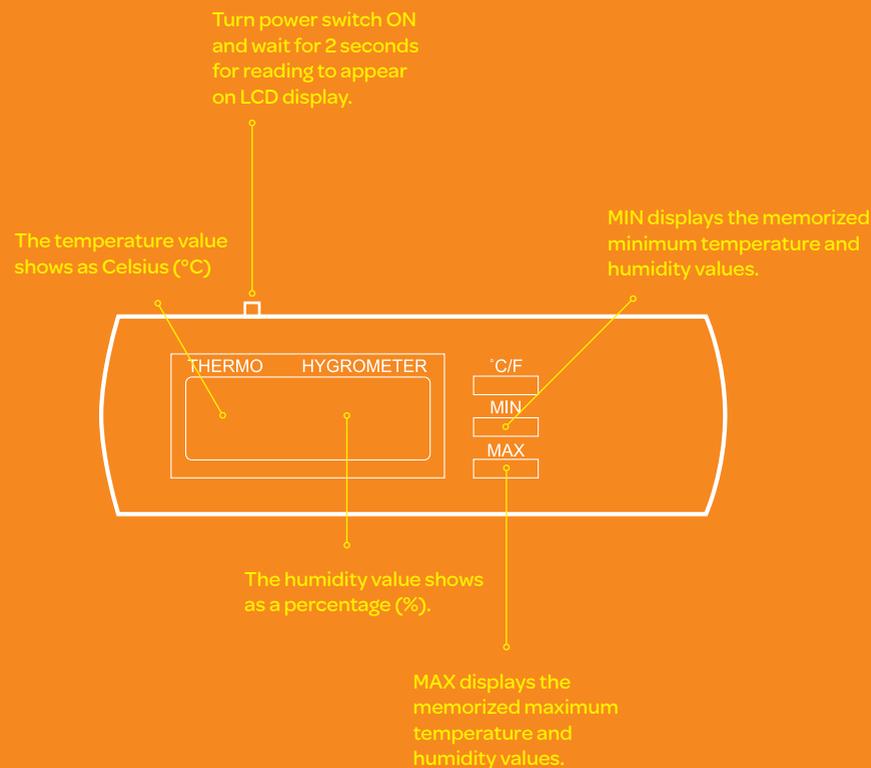
6



**Check that the freezer is between -15 to -18°C.** You may need to change the temperature of your freezer to a different setting and then repeat Steps 4-5. Please note that not all freezers have a separate temperature setting. You will therefore have to amend depending on your appliance setting.

# Temperature & Humidity Meter

The temperature and humidity meter helps you identify both the temperature and humidity levels in your home.



## Step-by-Step Guide

**1**



**Turn on the temperature and humidity meter and place on a surface** away from windows, radiators and fireplaces. Do not keep the temperature and humidity meter in your hand, as your own body temperature can impact the accuracy of the measurement.

**2**



**Measure the humidity in each room** to identify whether the environment you live in provides a healthy humidity level. Ideal humidity levels are between 40% - 60%.

**Note:** High humidity levels can come from poor ventilation systems, insufficient heating, lack of insulation, and poor window quality. Remember that bathrooms can have higher humidity levels as residual moisture remains on surfaces. Ensure sufficient ventilation to prevent mould growth.

You can download our Guide to Home Energy Savings from [www.codema.ie/energysavingkit](http://www.codema.ie/energysavingkit) for tips on dealing with poor humidity levels in your home.

**3**



**Measure the temperature in each room** to identify whether your rooms are sufficiently heated during colder months but not overheated, which can lead to high energy bills. Aim for an ideal temperature of 18-20°C in your living room and 15-18°C in bedrooms and hallways.

**Note:** The temperature in your rooms may be low due to insufficient insulation or inefficient heating systems. It can also feel much colder due to draughts and poor window quality.

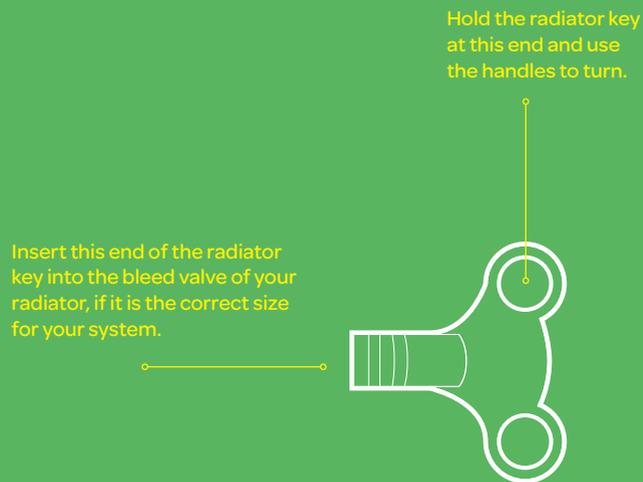
**4**



**Turn off the temperature and humidity meter** before returning it to the Home Energy Saving Kit.

# Radiator Key

Bleeding your radiators regularly is essential if your home runs on a wet central heating system, which means that hot water circulates through a system of pipes that connect to the radiators in your home. These radiators may be running inefficiently, as trapped air can obscure the flow of water through the system. The radiator key will help you release the trapped air.

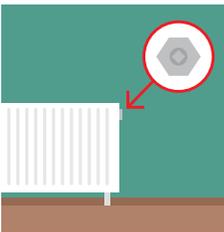


## Warning!

**Do not allow the radiator key near children, as there is a danger of them swallowing it.**

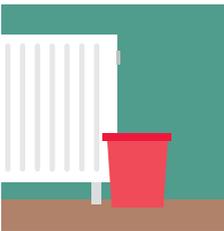
# Step-by-Step Guide

- 

**1** Ensure your central heating system is fully turned off at least 1 hour before bleeding your radiator. Your radiator should be completely cold, as the water needs to settle in the system.
- 

**2** Locate the bleed valve on your radiator which is usually located on the top of one end of the radiator.
- 

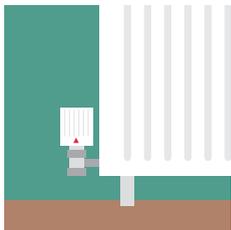
**3** Check the size of your radiator valve. The radiator key may not fit your heating system.

**Note:** Some modern radiators are equipped with valves that are designed to be turned with a simple flathead screwdriver.
- 

**4** Use a kitchen towel or bucket under the radiator valve to catch any water dripping on the floor. This may happen as the radiator refills with water while you bleed the valve.

# Radiator Key

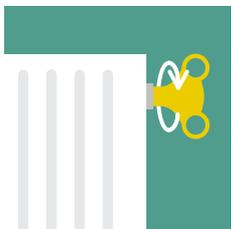
5



**Ensure that the intake valve or TRV is turned on.** The valve is located at the bottom of the radiator and allows it to fill up with water again once the air has escaped.

Note: Newer radiators may have a thermostatic radiator valve (TRV), which is a self-regulating valve fitted to hot water heating system radiators to control the temperature of a room by changing the flow of hot water to the radiator.

6



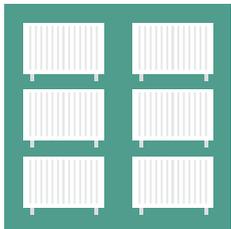
**Insert radiator key into bleed screw and turn counter-clockwise** to open the valve. You should hear a hissing sound as air escapes from your radiator.

7



**Tighten the bleed valve once a steady stream of water squirts through it.** This indicates that you have released all of the air trapped in your radiator. Ensure that there are no leaks and dry any water splashes on the radiator before turning on the central heating again.

8



**Repeat process on all radiators** in your home to ensure a well-maintained heating system.

**Note:** It is recommended to bleed your radiators at least once a year or after your heating system has been serviced.

# Step-by-Step Guide

9

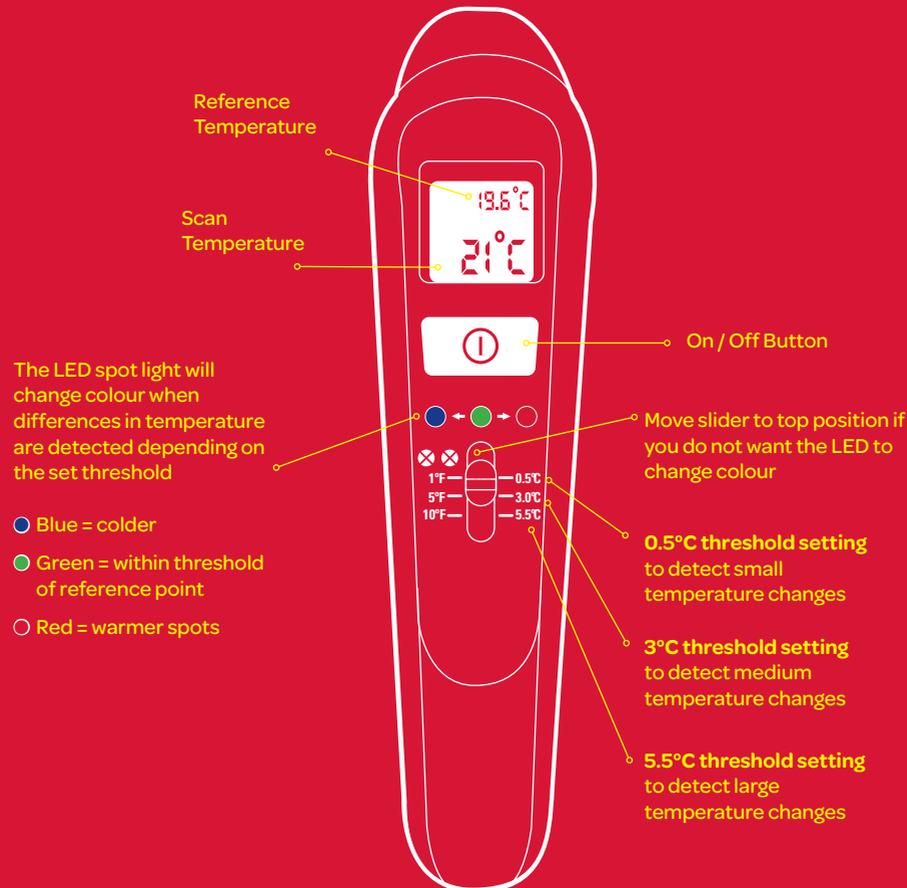


**Ensure that the radiator key is dry** before returning it to the Home Energy Saving Kit.

**Note:** If air is constantly building up in your heating system, this may indicate a possible leak and a plumber should be consulted to investigate further.

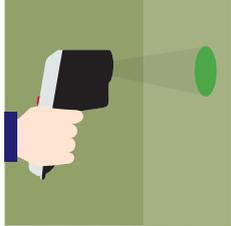
# Thermal Leak Detector

The thermal leak detector is a digital thermometer which detects energy leaks in your home by showing you the temperature differences with a coloured LED spotlight. This can be a useful appliance to spot excessive thermal air leaks or draughts and identify areas for additional insulation and/or draught proofing.



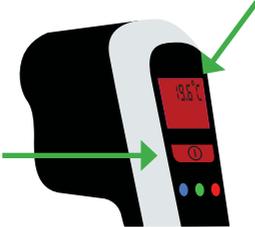
## Step-by-Step Guide

**1**



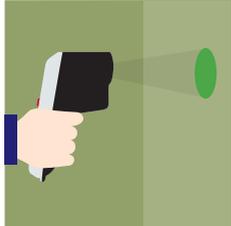
**Set the reference temperature** by pointing the thermal leak detector near an area you would like to measure. This should be close to your set room temperature (e.g. 20°C).

**2**



**Switch on the unit** by pressing the ON button on the device. The thermal leak detector will show the reference temperature at the top of the LCD screen.

**3**

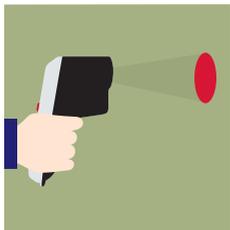


**The Green Light indicates** the default colour meaning that no or little difference to the reference temperature is detected.

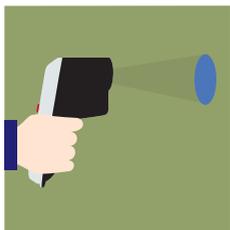
**Note:** The difference between the temperature of a surface and your room temperature should not be greater than 5°C.

# Thermal Leak Detector

4

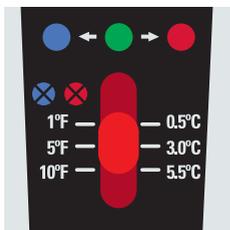


**Slowly move the light** beam across the wall. The beam will change from green to red when it hits something **warmer** than your reference temperature. It will change from green to blue when it detects something **colder** than the reference temperature.



**Note:** You may be losing heat through beams, external and exposed walls or poor insulation.

5

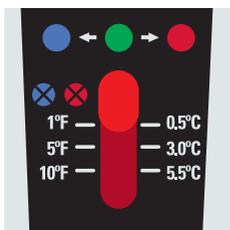


**Change the threshold setting** to determine smaller or larger temperature differences.

- To detect small temperature changes, move the slider to 0.5°C.
- To detect medium temperature changes, move the slider to 3°C.
- To detect large temperature changes, move the slider to 5.5°C.

**Example:** Your reference point temperature is 20°C and you have set the threshold to 3°C. As you are moving the detector across your walls, the LED light will change to blue once it detects a temperature of 17°C or lower.

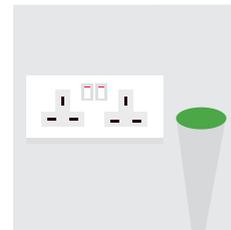
6



**If you don't want the light beam to change colour** move the slider to the top position where the colour spots are crossed out. You will still be able to see the temperature change on the LCD display.

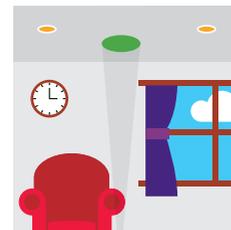
# Step-by-Step Guide

7



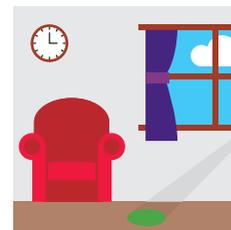
**Move the light beam from your reference point to sockets, light switches, and spot lights** as they can cause heat loss if poorly installed.

8



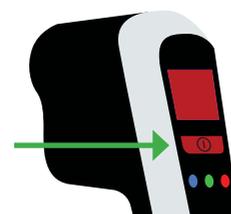
**Measure the temperature of your ceiling** as hot air rises but may escape through uninsulated lofts and leaky loft doors, beams, ceiling lights or roof leaks.

9



**Measure the temperature of your floors** by pointing at the floors in different rooms. Compare the temperatures of rooms with underfloor heating, tiles, timber, carpets and rugs.

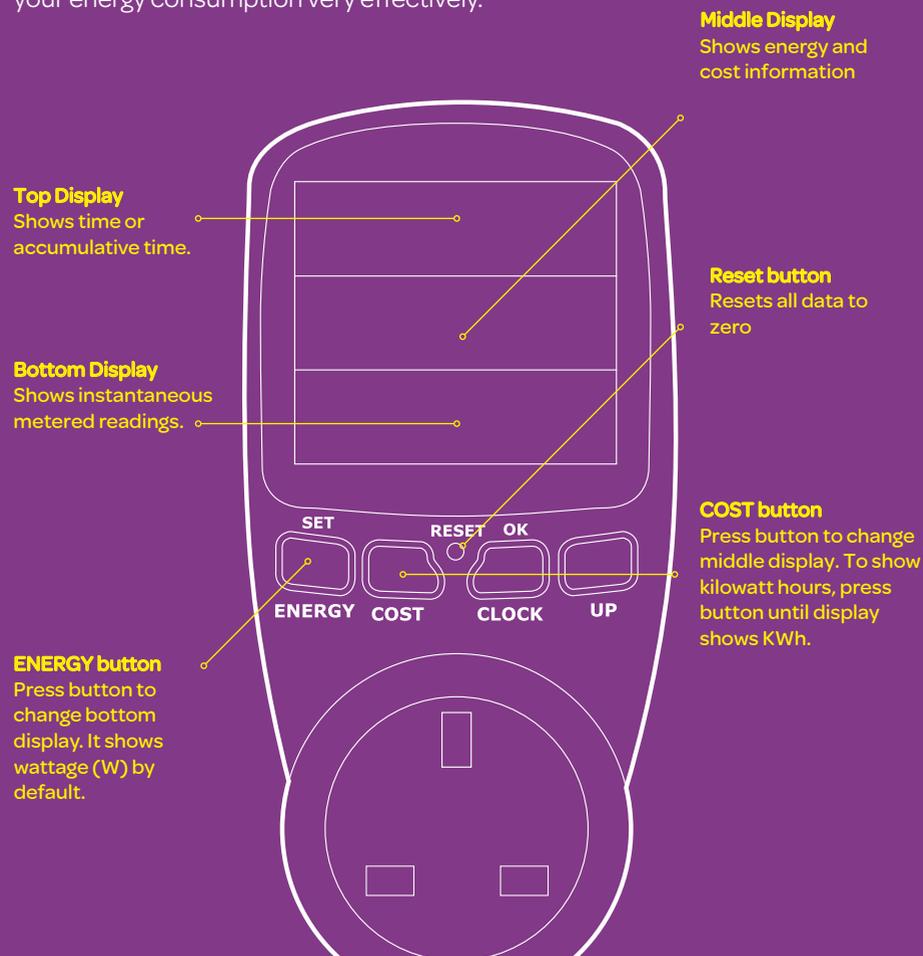
9



**Turn off the thermal leak detector** before returning the appliance to the Home Energy Saving Kit.

# Plug-In Energy Monitor

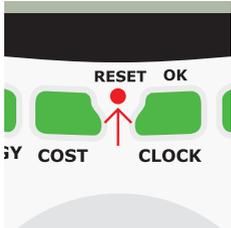
An energy monitor can be helpful to understand how much energy the appliances in your home use and help you calculate their running cost. By identifying the biggest energy consumers in your home and understanding your standby energy, you can reduce your energy consumption very effectively.



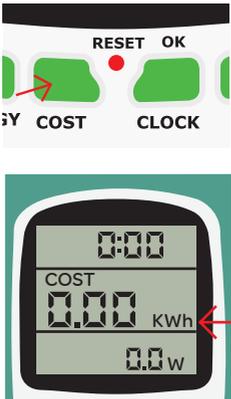
**Please note that the Plug-In Energy Monitor has a range of other functionalities and display options (including setting a unit tariff/cost), which are provided in the manufacturer's guidelines in this Home Energy Saving Kit.**

## Step-by-Step Guide

- 1**



**Plug the energy monitor into a power socket and reset it** by simply pushing a pencil, paperclip or needle into the red reset button. The display will then set to zero. This will ensure that any previous data (i.e. from a previous appliance or user) is cleared.
- 2**



**Press the COST button until the display switches to kWh.** This will show the total energy consumption of the appliance in kilowatt hours (kWh), which is a unit measurement for electricity.
- 3**



**Plug the electric appliance you want to measure into the socket of the energy monitor.** The energy monitor will show the appliance's wattage (W) in the bottom display and the accumulated kilowatt hours (kWh) in the middle display for the time you use it.
- 4**

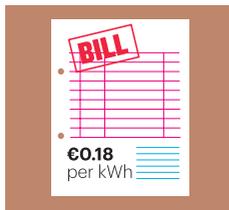


**0.250 kWh**

**Start using the appliance you want to measure.** You will see the kWh counter building up in the display to show you how much electricity the appliance is using during that time.

# Plug-In Energy Monitor

5



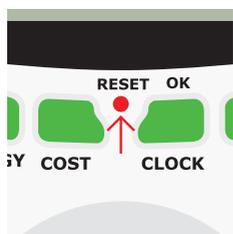
**To work out how much the appliance is costing you**, you will need to check how much your electricity provider is charging you for each unit of electricity (i.e. 1 kWh) used. This can be found on your bill or by contacting your provider.

### Example

Your unit rate of electricity is 18 cent and the display shows you have used 0.250 kWh to power your microwave. By multiplying 0.250 kWh (electricity used) x €0.18 (your unit cost) you can work out that it cost you 4.5 cent to run the microwave. Depending on how much you typically use this appliance, you can work out how much it is costing you per week or per year.

Energy consumption of appliance (kWh)	x	Electricity cost (€/kWh)	x	Times used per week	=	Cost per week (€)	x	Weeks used per year	=	Cost per year (€)
0.25		0.18								

6



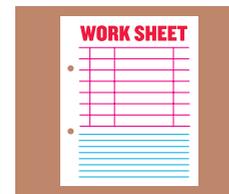
**Reset the energy monitor** before measuring the kWh of other appliances.

Ideas of what you can measure include:

- Watching TV for 1 hour
- Using an electric heater for 1 hour
- Boil a full kettle then compare with boiling for just 1 cup of tea
- Standby energy of appliances - leave the plug-in energy monitor in the socket overnight when the appliance is in standby mode. This would be particularly useful for your game console, TV, computer, internet modem, etc.

# Step-by-Step Guide

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**Use the Energy Appliance Worksheet** to note down the consumption of each appliance and help you compare their energy use.

See the example below or download from [www.codema.ie/energysavingkit](http://www.codema.ie/energysavingkit).

Energy consumption of appliance (kWh)	x	Electricity cost (€/kWh)	x	Times used per week	=	Cost per week (€)	x	Weeks used per year	=	Cost per year (€)
---------------------------------------	---	--------------------------	---	---------------------	---	-------------------	---	---------------------	---	-------------------

### Example

Appliance	Energy consumption (kWh)	Electricity cost (€/kWh)	Times used per week	Cost per week (€)	Weeks used per year	Cost per year (€)
Charging iPhone (overnight)	0.008 kWh	€0.18	7	€0.01	52	€0.52
Coffee machine (10 cups)	0.185 kWh	€0.18	7	€0.23	52	€12.12
Hair straightener	0.008 kWh	€0.18	1	€0.001	52	€0.07
Vacuum Cleaner (2 rooms)	0.284 kWh	€0.18	1	€0.05	52	€2.66
Juicer (1 jug of juice)	0.010 kWh	€0.18	7	€0.01	52	€0.66
Kettle (1 cup of tea)	0.150 kWh	€0.18	14	€0.38	52	€19.66
Toaster (2 slices)	0.032 kWh	€0.18	7	€0.04	52	€2.10
TV (20 min)	0.044 kWh	€0.18	14	€0.11	52	€5.77

**Appliance**  
 Note down the appliance you use and for how long or for what action.

**Electricity Cost (cent/kWh)**  
 Note down the unit cost of your electricity based on your electricity bill.

**Weeks used per year**  
 Add up the number of weeks you use the appliance for per year.

Note: You can download an Energy Appliance Worksheet from [www.codema.ie/energysavingkit](http://www.codema.ie/energysavingkit)

# Stopwatch

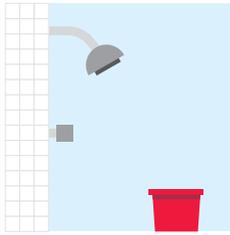
Please note that a stopwatch is not included as part of this kit, but you can follow the instructions on measuring your flow rate using your own stopwatch (e.g. on your phone).

A stopwatch can be useful to measure the flow rate of water from your taps, shower and bath to ensure you are not wasting water and energy at the same time by heating too much water.

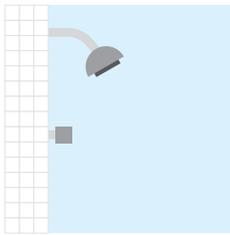
This exercise can also help you identify areas where you can install low flow taps or aerated taps and shower heads.

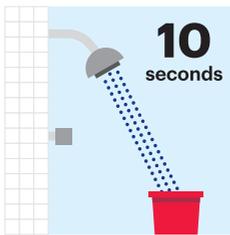


# Step-by-Step Guide

- 

**1** Place a bucket under the showerhead or tap, depending on where you would like to measure the water flow.
- 

**2** Get your stopwatch ready (e.g. on your phone) and have your finger ready on the Start/Stop button to start counting.
- 

**3** Turn on the showerhead or tap to full flow.
- 

**4** Using your stopwatch, let the water run for 10 seconds and then turn off the tap or showerhead immediately.

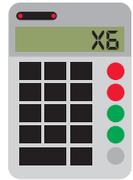
# Stopwatch

5



**Measure the amount of water captured.**  
You could use a jug with litre markings to do this.

6



**Multiply this amount by six** to calculate the flow rate per minute.

**Note:** If 10 seconds was too quick for measuring, simply wait for 15 seconds and multiply water amount by four.

7

**9**  
LITRE

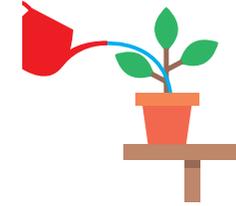
**Check that your water flow is 9 litres per minute or less.** This means your water is running efficiently.

multiply the amount of water by four.

**Note:** Old and inefficient taps and showerheads can run at a flow rate of between 15 to 22 litres of water per minute

# Step-by-Step Guide

8



**Water your plants** with the water you captured.

**Note:** The following could have an impact on the water flow of your home:

- You have a gravity fed hot water system
- You live in a location that has low mains pressure
- Your current showerhead may already be water efficient
- Limescale build up in shower heads can also restrict flow

# What Next?

The Home Energy Saving Kit has been developed to help you take the first step on your energy saving journey. We recognise that many issues are not fixed overnight; however, the kit should help you focus on the most relevant issues in your home.

SEAI provide grants to help you upgrade your home's energy efficiency to make it more comfortable and cheaper to run. All owners of homes built before 2006 are eligible, and these grants cover some of the cost of measures such as roof and wall insulation, heat pumps, heating controls, solar water heating and solar electricity. Go to [www.seai.ie/grants/home-grants/](http://www.seai.ie/grants/home-grants/) or call 1850 927000 for more information.

Once you've started your own journey, why not tell your neighbours, family and friends and start an energy movement in your community?

## We need your feedback!

If you've tried our Home Energy Saving Kit, why not tell us what you think by filling out our survey:

[www.codema.ie/survey](http://www.codema.ie/survey)

Your feedback will help us to improve the Home Energy Saving Kits, and will allow us to guide you to the next steps in improving your home's energy efficiency, by providing **advice**, and further information on **grants** available.

## Your energy saving journey



## Disclaimer

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While Codema considers that the information given in this manual is sound, all parties must rely upon their own skill and judgement when making use of it, Codema does not make any representation or warranty, expressed or implied, as to the accuracy or completeness of the information contained in this manual and assumes no responsibility for the accuracy or completeness of such information. Codema will not assume any liability to anyone for any loss or damage arising out of the provision of this Home Energy Saving Kit.

Before use, please read the manufacturer's guidelines on each of the energy saving tools provided in this Home Energy Saving Kit. Copies of these are located in the document wallet within the Home Energy Saving Kit. Codema will take no responsibility for damages or issues caused by the use of these energy saving tools.

# Think Energy

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