

10 Step Energy Checklist

- Heating can account for almost half of the average family's winter energy bill. Make sure your boiler is professionally serviced once a year.
- Turn down the temperature of your water heater to the warm setting (60°-65°C). You'll save energy and avoid scalding your hands.
- Check if your water heater cylinder has an insulating jacket. An insulating blanket will pay for itself in one year or less!
- Replace tungsten bulbs with LEDs. Start by replacing 60-100W bulbs that are used for several hours a day and go from there. LEDs use 1/5 of the energy of a traditional tungsten bulb and last up to 10x longer.
- Turn off the lights in unoccupied rooms. It is always cheaper to switch them off than leave them on.
- Turn off your computer screen when not in use for more than 20 minutes, and turn off both the main computer and screen if you're not going to use your computer for more than 2 hours.
- Avoid standby use overnight – switch off equipment at the wall when not in use e.g. televisions, broadband boxes, electronic equipment.
- Fit thermostatically controlled radiator valves (TRV) to your radiators so you can adjust the temperature in each room. Save energy and money by only heating rooms that are used regularly throughout the day.
- Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and close them at night to reduce the chill you may feel from cold windows.
- The next time you need a new appliance for the house (e.g. boiler, washing machine, laptop), check the energy label and choose the most energy efficient model.

