

Fit attic insulation and save €265 - €300 a year

An insulating jacket on the hot tank can save you €30 a year

Have a shower instead of a bath to save energy

Upgrade your boiler to save a third on heating bills

Upgrade to an efficient fridge and save up to €70

Wash clothes at 40°C rather than 60°C to consume 33% less electricity

One energy saving light bulb will save €14 a year

Cavity Wall Insulation can save €195 - €240 a year

Turn down the thermostat by 1°C to save €75

Fill gaps in floors and skirting boards and save €10 - €20 a year

Turn TVs and other appliances off standby

Draught proof windows and doors to save €30 a year

26%

### Roof

26% of heat loss from an un-insulated home is through the roof. Fitting sufficient insulation is one of the cheapest and easiest ways of saving costs

### Windows

Nearly a fifth of heat loss can be through windows. Double-glazing can save €120 - €150

18%

33%

### Walls

will leak more heat than any other part of the home (around a third in an un-insulated home)

11%

### Doors and floors

Gaps around doors and floors account for 11% of heat loss in an un-insulated home

