

# Tips for Saving Energy @ Home



## washing

- Use 40°C wash cycle where appropriate & avoid half loads
- Use low temperature programmes in dishwasher & avoid part loads
- Avoid use of tumble driers, where possible- use clothes lines



## Heating

- Insulate attic to 250mm thickness insulation
- Insulate immersion tanks and pipework
- Consider cavity wall insulation if appropriate
- Get boiler regularly serviced
- Consider installing a new condensing boiler
- Fit a programmable time/ temperature controller and ensure it is set correctly
- Ideal temperature is 20°C in living areas and 18°C in other areas
- Fit Thermostatic Radiator Valves (TRVs) and set correctly
- Close all doors & windows when heating is on
- Draught-proof doors/ windows & attic doors



Useful info:

[energy@ucc.ie](mailto:energy@ucc.ie)

[www.sei.ie](http://www.sei.ie)

[www.powerofone.ie](http://www.powerofone.ie)

[www.change.ie](http://www.change.ie)



## Lighting

Switch off lights when not needed

- Use natural light by opening blinds/ curtains
- Replace tungsten lamps with compact fluorescents (CFL)
- Replace tungsten halogen with CFL equivalent



## Kitchen

Minimise door opening times of cookers, fridges, freezers

- On electric hobs make use of residual heat by switching off earlier
- Only switch on extract fans when needed
- Cook several items at once in oven
- Allow food to cool before putting in fridge
- Avoid locating fridges/ freezers near cookers or radiators
- Defrost freezer regularly
- Don't overfill the kettle
- Buy most efficient appliances ('A' rating)



## Electrical

Switch off computers, TV's, DVD's, music systems, printers & electrical equipment not in use

- Don't leave phones on charge continually

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# Tips for Saving Energy @ work



## Lighting

- Switch off lights when not needed (it always saves energy)
- Use natural light by opening blinds
- Switch off lights parallel to windows to avail of natural light
- Reduce general light levels by use of desk lamps
- Label light switches
- Report any external lighting on during daylight hours (e.g. car parks)
- Switch off lights in common areas if last to leave



## Electrical

- Avoid using electrical fan heaters
- Don't use screen savers
- Switch off computers, printers, copiers, & other electrical equipment when not in use
- Switch off all electrical equipment at the end of the day
- Set computers & other electrical equipment to power down mode
- Consider timers on copiers/vending machines



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## Cooling (Air Conditioning)

- Reduce Heat loads by reducing use of lighting/equipment
- Use artificial cooling only when necessary
- Set at 24°C & no lower
- Ensure air conditioning is switched off at the end of the day
- Set correct time/day/temperature on programmable controls
- Keep doors/windows closed when cooling is on
- Ensure heating & cooling are not both on together
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## Heating

- Keep doors/windows closed when heating is on
- Switch off heating before opening windows
- Set thermostats correctly usually 20°C
- Adjust Temperature Reducing Valves (TRV's) to comfortable settings
- Don't block radiators



## Kitchen

- Don't overfill kettles
- Report dripping taps
- Use dishwashers on low temperature cycle & avoid part loads
- Only use extract fans when needed

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