

Energy Saving Tips



No Cost Incurred

Turn off the lights when you leave a room for a long period. Don't leave outside lights on during daylight periods.

Unplug mobile phone chargers when they are not in use. Likewise, when not in use, turn off any adapters that may be attached to your electrical appliances such as computers, answer phones, etc.

Turn off the TV/video and hi-fi at the wall socket rather than leaving it on standby. The blinking red eye consumes at least 50% of the energy it takes when the TV is on.

Defrost the fridge and freezer regularly to ensure they are running efficiently. If it tends to frost up quickly, check the door seal. And if you absolutely have to put your fridge next to a cooker or boiler, leave a good gap between them. Keep the condenser coils at the back clean and make sure they are not pushed up too close to a wall. Cleaning off the fluff that gathers on the back of your fridge will help it run more efficiently.

Don't leave the fridge door open for longer than necessary, as cold air will escape.

Allow warm food to cool down before placing it in the fridge as additional energy is required to cool down the fridge.

Defrost things overnight in the fridge. The cooler temperature of the frozen food will allow the fridge to save energy.

Fill any empty spaces in either a chest freezer or an upright freezer. Use empty cardboard boxes to minimise the airflow to save energy that would otherwise be spent fanning the air.

Don't use the car for short journeys, walk or cycle - good for the environment and it keeps you fit!

Don't use more water than needed for both cooking and filling the kettle.

For more information on Energy Conservation visit us at the Green Centre, opposite Iceland, Chester Street, Douglas on Saturdays, 10.00am to 4.00pm, email info@manxenergyadvicecentre.org
www.manxenergyadvicecentre.org or phone 851482

No Cost Incurred - cont.

When making toast, use a toaster rather than the grill.

Move furniture away from radiators to allow the hot air to circulate.

Draw the curtains in the evening to reduce any lost through the windows.

Do not drape curtains over a radiator as this will direct the heat towards the window and away from the room.

Use a full load in the washing machine where possible.

Use the half load or economy program where possible.

Use a lower temperature program where possible, as most modern washing powders are efficient at lower temperatures.

Use a lower and/or shorter dishwasher program where possible.

Take showers instead of baths - to save even more energy, set your hot water thermostat to 60C/140F - although, a power shower can use more water than a bath! A five minute shower uses 35 litres of water, compared to a bath that uses 80 litres - this can save over 300 litres of water a week. Fit a flow restrictor to the shower and restrict flow to six litres a minute for optimum flow and water saving.

Reduce, re-use and recycle the things you buy.

Compost kitchen leftovers with paper and cardboard - make your waste into something useful.

Put a lid on a pan when boiling water it will boil up to six per cent faster. Once the water is boiling, turn it down as most energy is used bringing water to the boil.

Ensure food is totally defrosted before cooking. Thawing food in the oven before it cooks requires up to 50 per cent more energy.

Most extractor fans above ovens are rarely effective, especially the ones that don't have an external flue. An open window is often just as good.

Adjust your curtains or blinds to let in as much light as possible during the day.

Hang the washing out - use a washing line to dry your clothes instead of a tumble dryer.

For more information on Energy Conservation visit us at the Green Centre, opposite Iceland, Chester Street, Douglas on Saturdays, 10.00am to 4.00pm, email info@manxenergyadvicecentre.org
www.manxenergyadvicecentre.org or phone 851482

No Cost Incurred - cont.

Computer screensaver - contrary to popular belief, screensavers are designed to save your computer screen, not to save energy - consider switching off the computer monitor during long periods of non-use. The monitor itself uses more than half the system's energy and there really is no reason for leaving it on all night if it is not being used all night. Never fear, turning a computer on and off uses negligible energy and most computers are designed to withstand the effects of being switched on and off ten or more times a day.

Switch of the car engine when waiting to collect a passenger.

Remove unnecessary items from the car. Any excess weight needs energy to transport it. Similarly don't over fill the fuel tank, as the extra weight also has to be transported.

Make sure any outside lights are turned off when they are not needed. Outside lights are easily forgotten, and should never be on during daylight (consider fitting a daylight sensor).

Consider turning the heating thermostat down slightly. Room temperatures are often higher than they need to be. Put on extra cloths instead.

Don't open windows or doors to cool down a room, turn down the heating instead.

Use the sun's free heat. Open internal doors of sunny rooms to let the warmth transfer through your home.

A dripping hot water tap wastes energy and in one week wastes enough hot water to half fill a bath, so ensure taps are turned off properly. Fix worn washers to allow taps to turn off fully.

Consider using pressure cookers, steamers and microwaves when cooking as these devices use less energy.

Turn the radiator thermostatic valve down on rooms that are not used, for example in spare bedrooms. Closing the door will stop heat leaking into the room.

Check the car tyre pressure is correct. Under inflated tyres will use more fuel.

When driving do not accelerate hard or brake hard unnecessarily as this will use more fuel.

Energy Saving Tips



Low Cost Incurred

To eliminate draughts and wasted heat use an easy to fix brush or seal on the frame of your exterior doors.

Add loft insulation - make sure you have at least 6" (15 cm) and preferably 10" (25 cm) of loft insulation - loft insulation alone cuts down energy usage (and heating bills) by 20%

Lag your hot water tank. Putting a jacket on your hot water tank means it doesn't have to use as much energy to keep your water hot. Ideally use an 3" (80 cm) thick insulation jacket from your DIY store that meets British Standards. It could cut your heat loss by up to 75% and pay for itself in a few months.

Insulate hot water pipes. Lagging your hot water pipes should enable you to turn the water heat down a little. You can buy pre-formed foam tubing from a DIY store.

Use long life / energy saving light bulbs. Although more expensive to buy, they last eight times longer than traditional bulbs and save money in the long run. If you replace one normal 100 watt light bulb with an energy saving one you can save up to £10 a year per fitting. Low energy bulbs cost between £4 and £12, but should last up to eight times as long (check that the labelling on the bulb you buy states it will last for at least 8,000 hours).

Fit double or secondary glazing (the cling film type is very cost effective) or get special heat-retaining roller blinds.

Buy local products and eat organic food - cut down on unnecessary food miles.

Repair dripping taps - dripping hot taps waste energy as well as water.

Putting reflective foil behind radiators that are against outside walls will help you to conserve energy. It reflects heat back into the room, meaning you can turn down the thermostat. You can use normal kitchen foil fixed to a board or buy specially designed foil from a DIY store.

For more information on Energy Conservation visit us at the Green Centre, opposite Iceland, Chester Street, Douglas on Saturdays, 10.00am to 4.00pm, email info@manxenergyadvicecentre.org
www.manxenergyadvicecentre.org or phone 851482

Low Cost Incurred - cont.

Install a low-flush toilet to save water.

Fit thermostatic radiator valves to ensure a radiator only operates when the temperature in the room is too low. On some installations one radiator is always left without a thermostatic valve so there is always a radiator available for any heat produced by the boiler.

Putting shelves above your radiators will ensure that as much heat as possible is deflected into your rooms saving you around £5 to £10 per year. The shelf should be slightly above the radiator. It will help too if you avoid putting furniture directly in front of radiators.

Keep internal doors closed as much as possible.

Block up any fireplaces that are no longer used.

Stop draughts and heat escaping through floorboards and skirting boards by filling gaps with newspaper or a sealant.

Draught proof your windows. A short term alternative to double glazing is to tape clear polythene (plastic) across window frames.

Timer controls can be used to turn appliances on and off, if for example you want some lights on for home security.

Use rechargeable batteries but unplug the battery chargers for your mobile phones, digital cameras, and laptops after the batteries are charged. These devices can use energy even when not charging the batteries, so pull the plug and save.

Make good use of power strips. Use power strips or switchable outlets to regulate the energy use of vampire appliances like coffee pots, televisions, VCR/DVD players, or stereo equipment. Turning off the power strip or switch will cut the power supply to these appliances.

Washing - try to dry clothes naturally. Don't put really wet clothes into a tumble dryer wring them out or spin dry them first. It's much faster and it will save you energy. Be economical when washing and only wash your clothes when you have a full machine load. Coloured clothes rarely, if ever, need to be washed at anything higher than 40C. A wash at 60C uses more than 30 per cent more energy than washing at 40C and will fade the colours in your clothes faster too. White wash settings use much more energy and water than other settings. Most whites wash well at 40C, especially if soaked in a sink or bath in advance. Today's washing powders are just as effective on low temperature programmes - saving energy and money.

For more information on Energy Conservation visit us at the Green Centre, opposite Iceland, Chester Street, Douglas on Saturdays, 10.00am to 4.00pm, email info@manxenergyadvicecentre.org
www.manxenergyadvicecentre.org or phone 851482

Energy Saving Tips



Moderate Cost Incurred

When purchasing kitchen appliances such as fridges, freezers, dishwashers and washing machines, opt for a more energy efficient appliance. An EU Energy Label should be displayed on appliances for sale in order to help you make a choice.

Buy a fan assisted oven they can heat up 30 per cent faster than conventional ovens.

Replace an old central heating boiler with a highly efficient condensing boiler. Boilers often fit into the 'if it isn't broke, don't fix it' category, but replacing your old boiler with a high efficiency one could save you up to a third off your annual fuel bill. Energy efficient boilers are great value! 'Condensing boilers' are the most efficient: they only lose about 11 % of the heat up the flue, whereas a conventional boiler loses up to 30%. Next best is a high efficiency, fan assisted boiler. Both types of boilers are available as conventional or combination types. They cost £25 £400 more than an ordinary boiler, but should save you £100 £130 a year.

Consider whether you really need to buy that electrical appliance. If you do, buy the most energy-efficient one available.

Grow your own vegetables. Contact your local authority to obtain an allotment or use your own garden. Growing food is a healthy pastime and can be a fun family activity, and fresh vegetables from your own garden will taste far better than anything bought from the supermarket.

Fit thermostatic radiator valves to allow the temperature of each room to be controlled.

Energy saving action	Cost	Pay back time
DIY loft insulation	£110- £160	2- 5 years
Professional loft insulation	£200 - £300	2- 5 years
Fit a thermostatic radiator valves	£80- £400	10 years
Line curtains with thicker material	£10- £50	1- 2 years
Fit draught excluders	£50	3- 5 years
Fit shelves above radiators	£1- £50	1- 5 years

For more information on Energy Conservation visit us at the Green Centre, opposite Iceland, Chester Street, Douglas on Saturdays, 10.00am to 4.00pm, email info@manxenergyadvicecentre.org
www.manxenergyadvicecentre.org or phone 851482

Energy Saving Tips



Higher Cost Incurred

Cavity walls - up to 33% of the heat produced in your home is lost through the walls. So, it's worth considering cavity wall insulation as an effective way to save energy in your home. Find out if your home is suitable for cavity wall insulation.

Consider fitting solar water heaters on your roof. They are energy and cost efficient - if you can afford the capital investment.

Consider installing a log burner, especially if you have access to a supply of timber, or some land that could be coppiced.

You can light an internal passage by using a 'light tube' to get daylight to an area that does not have an external wall.

Space heating can be achieved by the use of a heat pump. Ground source heat pumps take energy from pipes installed in the ground. Air source heat pumps are a little less efficient but much simpler to install and take their energy from the air.

If you have the correct conditions it may be possible to generate some of your own electricity. If you have a stream on your land you could use a water wheel to generate energy, or an open area in a windy location it could be used with a wind turbine to generate electricity or heat.

New house builds are a fantastic opportunity to reduce annual energy use. Consider a passively heated house that will not require any space heating boiler. Passive houses have very high insulation standards and controlled ventilation to remove the need for heating boilers.

Energy saving action	Cost	Pay back time
Cavity wall insulation	£350 - £500	4 -8 years
External wall insulation	Average £1,800 - £2,800	20 years+
Floor insulation	£150 - £250	10- 30 years

For more information on Energy Conservation visit us at the Green Centre, opposite Iceland, Chester Street, Douglas on Saturdays, 10.00am to 4.00pm, email info@manxenergyadvicecentre.org
www.manxenergyadvicecentre.org or phone 851482