



## Energy-saving tips

### Why save energy?

Using energy efficiently is important for a number of reasons, including:

- Energy used in the home releases carbon dioxide into the atmosphere – this has been linked to climate change and global warming. Every household in the UK creates around six tonnes of carbon dioxide every year – enough to fill six hot air balloons 10 meters in diameter. Every year the average home emits almost twice as much carbon dioxide as the average car emits in a year.
- Not saving energy is a waste of money – nearly £8 billion is wasted on energy in the UK every year. This is enough to give every man, woman and child £125 a year. In fact, the average household could save up to £300 a year by taking energy efficiency measures. This is equivalent to a saving of around one and a half tonnes of carbon dioxide.

### No Cost Energy Saving Tips

1. Close your curtains at dusk to stop heat escaping.
2. Reduce your heating thermostat by 1°C when you are too warm – it could cut your heating bills by up to 10% and save you around £60 each year.
3. Water needn't be heated to a scalding temperature. Setting the thermostat at 60°C or 140°F is usually quite adequate.
4. Don't leave your television or stereo on standby. Standby can use as much as 60% of the electricity that would be used if it were switched on.
5. Defrost fridges and freezers regularly to keep them running efficiently.
6. Don't put hot or warm food straight into the fridge – let it cool down first.
7. Where possible, position your fridge or freezer away from cookers or heaters.
8. Use the right size pan for the food and cooker hob.
9. Keep saucepan lids on – this enables you to turn down the heat.
10. Don't use more water than you need.
11. Use a kettle to boil water for cooking.
12. Avoid over-filling the kettle for just one drink but be sure to cover the element.

### Low Cost Energy Saving Tips

1. Invest in draught excluders for doors, windows and letterboxes that open to the outside to reduce the amount of warm air escaping. You could save up to £55 a year.
2. Hot water tank jackets cost around £15 and will help your water stay hotter for longer. You will waste less energy heating it and can save up to £40 a year.
3. Hot water pipes can also lose heat right the way along, so insulate them wherever you can. Insulating hot water pipes can save you an extra £15 a year.
4. Use energy saving light bulbs. They last up to 10 times longer than ordinary bulbs, and using one can save you around £55 over the lifetime of the bulb. This saving could be around £120 over its lifetime if you're replacing a high wattage incandescent bulb, or one used for more than a few hours a day.

## Remember your safety!

Gas, oil and solid fuel appliances need fresh air to function properly and safely. So if you are using such appliances NEVER block off ventilation in the rooms they are in!

## Insulation and Heating

1. Cavity wall insulation is one of the most cost-effective energy efficiency measures you can take in the home. It can reduce heat loss through the wall by up to 60% and save you up to £135 a year on your fuel bill.
2. 270mm, or 10.5 inches, of loft insulation can save up to 30% of your heating costs. This can save you up to £175 a year or £25 if you are topping up existing loft insulation to the current recommended thickness.
3. Double-glazing cuts heat loss and also reduces noise and condensation problems. Savings of up to £165 on bills can be expected each year.
4. By upgrading heating controls you will improve the efficiency of any central heating system, and cut your energy wastage and costs.
5. By replacing an old G-rated boiler with a new high efficiency condensing boiler and improving your heating controls, you could save up to £300 a year.

## Appliances

To pick out energy efficient appliances from the pack, look out for the Energy Efficiency Recommended logo. The blue logo can be found on anything from fridges to tumble dryers, to dishwashers and light bulbs. It is a sure sign that the appliance being bought is one of the most efficient in its category.



## Washing machines

- An energy efficient washing machine uses a third of the energy of an old, inefficient model and cuts water consumption considerably
- Using a 30°C wash cycle rather than higher temperatures can use around 40% less electricity. Modern washing powders and detergents work just as effectively at lower temperatures so unless you have very dirty washing, bear this in mind.

## Refrigeration

- Buying an energy efficient fridge or fridge freezer to replace your inefficient one could cut energy consumption by up to 60%.
- Using an energy efficient fridge or fridge freezer instead of an old inefficient one could save you up to £38 a year.

Source: Energy Saving Trust - all statistics correct at October 2012.

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## Help is available to improve the energy efficiency of your home

The Council runs its own home energy advice service – Derby Home Energy Advice Service (DHEAS) – to make sure that all residents can get help to save energy and money and to make their homes warmer. It provides free, impartial advice and information to all Derby residents on ways to improve the energy efficiency of their homes. The Service also raises awareness of grants and other schemes that could benefit homeowners, landlords and tenants.

**We are happy to give you advice on the efficient use of energy. You can get more information by calling our advice line on 01332 640810 or you can email your query to [energy.adviceteam@derby.gov.uk](mailto:energy.adviceteam@derby.gov.uk).**