



## SAVE YOUR ENERGY

Energy is used in much of what we do at home, and at work – cooking, heating, lighting, electrical equipment, and so on. Much is wasted through inefficient production and use.

**Saving energy saves you money.** Investment in energy-saving behaviour, products and systems really does pay off, whether at home, at work, or in your other interests.

**Using less energy reduces resources used** (many of them non-renewable) and reduces pollution – cutting down acid rain and reducing impact on health. It also cuts down greenhouse gases which contribute to global warming and climate change.

Most of the energy produced in the UK is from fossil fuels (coal, oil, gas) and is non-renewable and polluting. Energy from renewable sources, e.g. the wind, sun, water and waves, is safe, clean, sustainable, potentially abundant, and secure. Renewable energy technology is in its infancy, but growing rapidly.

### What you can do:

Of all the aspects of sustainable living, energy saving is the most obvious money saver. With the most straightforward action you can reduce your fuel bills by more than 20%, saving at least £100 a year.

### You can influence your energy use **AT HOME** by:

- The products you buy and install
- Your behaviour.

This list of things you can do at home makes good sense in sustainability and financial terms:

- Insulate yourself by wearing warmer clothes around the house – the cheapest way of saving energy!
- Turn off unused lights and appliances – it is not more expensive to constantly turn lights on and off.
- Only heat water when you need it – it is not cheaper to leave it on all the time.
- Don't leave the TV or other equipment on standby – they can use up to 80% of power and costs money.
- Use manual, rather than power tools where possible.
- Insulate your loft with 150 mm (6") of insulation – save up to £50 per year.

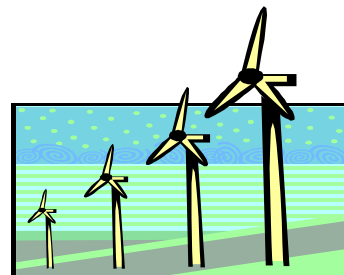
- Draught proof your doors and windows – save up to £20 per year.
- Lag your hot water tank with a 75 mm (3") jacket – save up to £15 per year.
- Insulate your cavity walls – save up to £90 per year.
- Fit an energy-efficient condensing boiler when buying or replacing an old central heating boiler – save up to £100 per year.
- Use low energy light bulbs – save up to £10 per light bulb.
- Install a room thermostat to give you more control – save up to £40 per year.
- Buy energy efficient fridges, freezers, washing machines etc. By law the European Community Energy Efficiency label must be displayed on all new domestic refrigerators, freezers, fridge-freezer combinations, washing machines, electric tumble dryers and combined washer-dryers displayed for sale, hire or hire-purchase. Appliances labelled as 'A' are more efficient than those labelled as 'G'. You could save up to £30 per year for a freezer/fridge freezer with a high energy efficiency rating.
- Turn down your central heating by 1° C and water heating to 55° C to cut fuel use and bills by as much as 10%.

Above figures based on gas-heated semi-detached house; capital costs not included.

You can apply these principles to energy use at work, at school, or in other buildings where you have some influence over how things are run.

Spending on these actions now will save money in the future – many actions pay back in one year!

Take advantage of the liberalisation of the energy industry. Since 1998 you can now choose to buy your electricity from a company which supplies energy from renewable sources such as solar, wind, wave and biomass. Contact your supplier for details



For further details:  
**Energy Efficiency Helpline 0845 727 7200**  
[www.saveenergy.co.uk](http://www.saveenergy.co.uk)