

Energy saving tips



24 easy ways to
make a difference



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- 1 Set your heating to come on 30 minutes before getting up or arriving home, to go off 30 minutes before going to bed or leaving for work, you will avoid heating an empty house which will just cost you money.
- 2 If you can turn your heating down by 1°C, this can cut your energy use by 10%.
- 3 Keep your radiators clear.
- 4 Consider putting radiator panels behind radiators fixed to external walls.
- 5 Use thermal or heavy curtains during the winter.
- 6 Try to block all draughts around the house to help stop the heat from escaping.
- 7 Try to limit the time you spend in the showers or invest in a shower monitor to keep an eye on how much hot water you're using.
- 8 You can save on gas by putting lids on saucepans when cooking.
- 9 Only fill the kettle with as much water as you actually need.
- 10 When boiling vegetables use just enough water to keep them covered.
- 11 Always use the right size of pan for your cooking ring.
- 12 Try to avoid putting hot food in a fridge or a freezer.
- 13 Switch appliances off standby, leaving TVs and other devices on standby wastes valuable energy.
- 14 Keep your fridge at the optimum temperature of around 3°C to 5°C.
- 15 Don't leave the fridge door open for any longer than you need to.
- 16 You will save electricity if you regularly defrost your fridge.
- 17 Position fridges and freezers away from cookers and direct sunlight where possible.
- 18 Energy saving light bulbs can last up to 10 times longer than ordinary bulbs. And of course, remember to turn off the lights when you don't need or aren't using them.
- 19 Always try to use a full load in a washing machine.
- 20 Use an economy programme on your washing machine whenever possible.
- 21 If the weather is fine, dry your laundry outside instead of using the tumble dryer.
- 22 Don't dry clothes on the radiators. It makes your boiler work harder than it needs to.
- 23 Keep filters clean in your tumble dryer.
- 24 If you're going to iron after drying, make sure the clothes are still slightly damp, they will iron more easily, saving you time and money.



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