

Free energy saving measures

There are many things that you can do in the home that won't cost you a penny, but will save you money on your fuel bills and reduce your environmental impact.

This factsheet includes some ideas that you can start with today.

Heating

Turning your thermostat down by 1°C can save you around £30 a year. 18°C is the recommended temperature for most houses, 21°C is recommended for vulnerable groups (very young or elderly).



You can save money and energy by making sure your heating is on only when you really need it. If you have Thermostatic Radiator Valves, make sure you're using them and 'zoning off' rooms that don't get used. You can also turn your hot water tank thermostat down to its lowest setting to make sure you're not having to use lots of cold water when having a bath or filling a sink.

You can also ensure that your radiators are not hidden behind furniture or curtains or covered in wet clothes!

More overleaf...

At a glance

Heating

Turning your thermostat down by 1°C can save you £30 a year on your heating bill

Adjust your heating controls regularly, this can save you around £20 a year

Make sure your radiators are not blocked by furniture or wet clothes

Draw curtains at dusk



Free energy saving measures

Electricity

Pull back the curtains as much as possible to let natural light in and keep window ledges free of items

Make sure appliances are switched off at the socket, common items left on unnecessarily are; microwaves, phone chargers, laptop chargers, printers, radios, bathroom electronics and other accessory appliances

Power showers can use as much water as a bath, so try to avoid using the power setting. You could also try turning the shower off whilst soaping up and switching it back on again to rinse off - a 'dry shower'.

Try to avoid using the tumble dryer, these are extremely energy intensive. If possible, use a washing line or clothes horse



For more information on anything mentioned in this factsheet please call **0800 783 2503**.

At a glance

Electricity

Avoid the tumble dryer

Make the most of natural light

Switch off at the socket

Cooking

Match your saucepan with the right size gas ring

Put lids on saucepans when boiling food

Keep electric hobs clean to keep them efficient

Microwaves are much more energy efficient than gas hobs or ovens

Steamers are great as you can cook several foods at once, using just one gas ring or electric hob plate

Wash your clothes at 30°C

Step 1 – Free energy saving tips