

Home Energy Saving Tips



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Home Improvements

Insulate your home

- Loft insulation, up to 25% heat loss through the roof.
- Cavity wall insulation, up to 35% heat loss via un-insulated walls.
- Floor insulation, up to 10% heat loss saving from insulated floors.
- Draught proof around your doors and windows.
- Use draught excluders against draughty doors to help keep the room warm. (Careful not to trip over it).

Energy efficient light bulbs LED

- Use up to 80% less electricity than an incandescent bulb and could last up to 10 times longer.



Hot water cylinder jacket

- Check your hot water cylinder thermostat is set between 55°C and 60°C.

Go easy on the heating

- Turn your thermostat down. Reducing your room temperature by 1°C could cut your heating bills by up to 10% per year.
- Turn your Thermostatic Radiator Values (TRV's) to 3, this is the equivalent to 20°C, so if a room is warmer than 20°C that radiator will switch off not the heating.
- If you leave doors open then put all the TRV's on the same number, if you close doors then you can set the TRV's for each room temp.

Turn off lights and TV

- Don't leave appliances on standby and remember not to leave laptops and mobile phones on charge unnecessarily and you could save up to £50 a year.
- If you're not in the room for a while - kill the lights.



Radiator panels and shelves

- Putting radiator panels behind the radiators on outside walls, this could reduce your heating bill by up to 10%.
- Radiator shelves also help direct heat back into the room.



Curtains

- Shut out the night and keep in the heat, but make sure you don't drape your curtains over radiators as this sends heat straight out of your windows.
- Put curtains on the front and back doors, where appropriate, helps to retain heat and prevent drafts.

Air vent cowls

- Put on the outside walls to prevent draughts without stopping essential airflow through air vents.



Water Wise

- Take a shower - it's faster, cheaper, and more efficient than your bath.
- Modern dishwashers use less water when full than washing up by hand.
- Put the plug in - running that hot tap costs money and wastes water.
- Fix that drip - leaks waste a lot more water than you think. A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath.



Kitchen appliances

Fridge/freezers

- Defrost fridges and freezers regularly to improve their efficiency.
- Don't put hot food in the fridge - let it cool down first.

- Position fridges or freezers as far from cookers and heaters as you can.
- Fill any space in your freezer up with empty milk bottles, this saves losing cold air when you open the door.

Cooking

- Use the right sized pan for the food and the hob.
- Keep saucepan lids on to keep in the heat.
- Only use the amount of water you need, particularly in the kettle.
- Microwave ovens are often a much more energy efficient way of cooking items than the oven. Because microwave ovens use energy to directly heat your food, whereas electric ovens must also heat the air inside the oven.
- Make toast in the toaster, not under the grill.



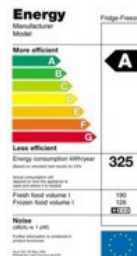
Laundry

- Run your washing machine on full loads at 30°C where possible.
- Try and do your washing on dry days, so you can hang it outside.
- If you are drying your washing indoors use radiator racks and/or clothes airers, don't put the washing on the radiators as this will make your boiler work harder and use more gas.



White goods

- When buying white goods check they have the best rating you can afford, it will save you money long term.



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