

10 Simple Energy Savings tips

- Turning your thermostat down by 1 degree can give you savings up to £65 per year. 18-21 degrees Celsius is adequate for most. Turn down the heating in rooms that you use less often.
- If you have a hot water tank turn it to 60°C, this can reduce heating costs while still being hot enough to kill harmful bacteria.
- Defrost your freezer regularly. Ice buildup increases energy use. Your freezer is more efficient when it is full, try using empty boxes to occupy unused space.
- Don't pack your fridge, about 2/3 full is about right for optimum efficiency.
- If you are boiling water for a cuppa try boiling only the amount of water you need, this can bring savings of £6 per year.
- Draught proofing your house to prevent heat loss through gaps in doors, windows, pipework, loft hatches and ceiling to wall joints could reduce your heating costs by up to £55 per year.
- Compact Fluorescent light bulbs (CFLs) and LED bulbs use about ¼ of the energy of traditional bulbs. Always turn lights off when you leave a room. This can save you £55 per year.
- Switching appliances off stand-by when not being used can save you £35 each per year.
- Use a bowl to wash dishes rather than filling the sink can save you £25 per year.
- During warmer weather try drying washing outside instead of using a tumble dryer. You could save £41 per year whilst preventing condensation if you usually dry washing indoors.

The savings are based upon potential savings for a typical household.