

# Don't stick on standby... switch it off

## Top Tips for the Home

Switch it off	<p>Only use the heating, lights and appliances you really need.</p> <p>Switch lights off when you leave a room.</p> <p>Don't leave appliances on standby.</p>
Heating	<p>Try turning your heating thermostat down by 1 °C, it will save about £10 a year. Recommended temperatures for a living area are 21 °C and for hallways and bedrooms 18 °C.</p> <p>Keep furniture away from radiators</p> <p>Draw your curtains at dusk and help keep the heat in</p> <p>The sun is the most readily available source of heat there is - and the cheapest! So make the most of it by opening internal doors of any rooms which get more sun than others and let the warm air travel through your home.</p>
Fit central heating controls	<p>A room thermostat is best located in a living room, rather than the hallway, as is commonly done, as the hall temperature can be affected by the front door being used. The thermostat records the home's temperature and if it is at or above the set level and stops the boiler from operating the central heating.</p> <p>Thermostatic Radiator Valves (TRVs) can be fitted to each radiator to allow individual radiators to be switched on or off, so allowing different temperatures in different rooms e.g. you can set the TRV high for the room you occupy most and low for an unused back bedroom.</p>
Hot Water	<p>Only heat water when you need it. The use of a timer will allow you to control how much electricity you use.</p> <p>You do not need your domestic water heated to a scalding temperature. For most people setting the thermostat to 60 °C/140 °F is quite adequate.</p> <p>Fitting a good insulating jacket to the hot water tank if it does not have sprayed foam on the outside will ensure no heat is lost.</p>
Lighting	<p>Energy saving light bulbs (also known as CFL - Compact Fluorescent Lamps) use about a quarter of the electricity and last eight times longer than regular light bulbs. On average a CFL can save you £7 a year off your electricity bill.</p>

<p>Insulation</p>	<p>Cavity wall insulation can reduce heat loss by two-thirds and make the house more comfortable.</p> <p>If the walls are solid, internal insulation (often applied in the form of an insulated board fixed to the wall) is highly effective, but means rooms have to be redecorated and may lose architectural detail. External insulation usually needs planning permission and should only be carried out by specialist companies.</p> <p>Lofts should be insulated to a minimum depth of 250mm (12 inches) and can help save up to 25% of the heat lost from your house.</p> <p>Draughts can be fixed easily with either draught proofing, secondary or double glazing. Do not forget to block open unused chimneys (with a small gap for ventilation to remove the risk of damp).</p>
<p>In the Kitchen</p>	<p>When cooking choose the right pan size for the food and the cooker.</p> <p>Put lids on pans as the food will cook a lot quicker.</p> <p>Do you have a microwave? They are often more efficient than a conventional oven to cook single or small portions.</p> <p>When boiling your kettle only use as much water as you need.</p>
<p>Appliances</p>	<p>When using your washing machine - try to have full loads and use the lower 30°C wash. With today's washing powders this temperature is more than adequate to clean clothes and will save you up to three quarters of the cost of the hottest cycle.</p> <p>Avoid using tumble driers and radiators to dry your clothes; on nice sunny days clothes can be dried outside.</p> <p>Regularly defrost your freezer and try to keep it packed full, even if this is with scrunched up paper to avoid wasting energy.</p> <p>Check the seals on your fridge/freezer to ensure no warm air is getting in - the seals should be tight enough to hold a piece of paper securely when closed.</p> <p>When buying appliances look for the energy efficiency label. The label gives you an A to G rating and the annual energy use for the appliance; the higher the rating and the lower the energy use the cheaper it is for you to run.</p> <p>Activate your PCs Power Saving Device.  For most PCs: Right click on the desktop  &gt; Properties &gt; Screen Saver &gt; Power</p> <p>Try setting the PC to turn off after ½ hour of inactivity and your monitor to turn off after 10 minutes. The monitor will reactivate after moving your mouse or pressing any key.</p>

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