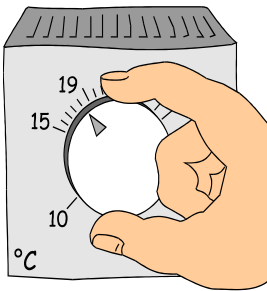




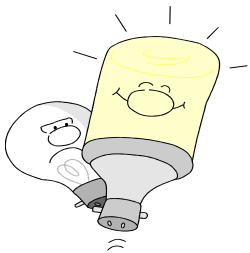
HIGHLAND ENERGY EFFICIENCY ADVICE CENTRE

Energy Advice Tips

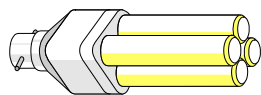
Saving money on heating.....



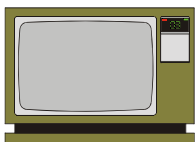
- ⇒ **Replacing an old central heating boiler can save 10-15% on fuel bills.**
- ⇒ ***By installing a High Efficiency Condensing Boiler – the seasonal efficiency can be approximately 90%.***
- ⇒ **If you are too warm, turn the room thermostat down. A 1°C reduction can cut up to 10% off your fuel bills.**
- ⇒ ***Use your timer or programmer so that you only have heating when and where you need it.***
- ⇒ **If you have an electric storage heater make sure you know how to use the input and output controls on the heater.**
- ⇒ ***Place aluminium foil behind radiators - it reflects heat back in. Fit Radiator shelves.***



Saving money on electricity.....



- ⇒ **If you have an electric immersion heater for your hot water, fit a timer so that it is only on when you need it. You may consider using an 'off peak' tariff to heat your hot water overnight. Contact your electricity supplier for details.**
- ⇒ ***Energy Saving light bulbs only use about a quarter of the electricity, and will last ten times longer than an ordinary light bulb. Always switch lights off if they are not needed.***
- ⇒ **If you have a microwave oven, use it wherever possible, they use less energy. Hot drinks can also be made in a microwave, which saves you boiling a kettle or heating a pan.**
- ⇒ ***When you are not using your TV, switch it off at the set rather than leaving it on standby mode.***



Saving money in the kitchen.....

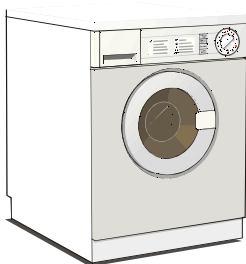


- ⇒ **Always close fridge and freezer doors immediately after use, for every 1 minute that these doors are open, it will take up to 3 minutes to regain temperature, which wastes electricity and therefore money.**
- ⇒ **Never put warm items in freezers and fridges - keep them about 3/4 full and defrost regularly. Replace damaged door seals and keep the cooling fins at the back of the appliance clean.**
- ⇒ **Take food out of the freezer and defrost naturally without using the microwave. Site your appliance in a cool place out of direct sunlight and away from a cooker or boiler and ensure plenty of ventilation space at the top and back.**

Energy		Washing machine
Manufacturer Model		
More efficient A B C D E F G Less efficient		A
Energy consumption kWh/cycle	1.55	
Washing performance	A	A
Spin drying performance	B	A
Capacity (cotton) kg	5.0	
Water consumption	5.2	
Noise (dB(A) re 1 pW)	52	
Washing	5.2	
Spinning	7.5	

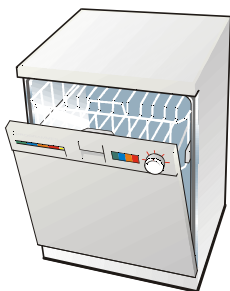
- ⇒ **If you are buying a new appliance, look out for energy labels on fridge freezers, washing machines, tumble driers, washer driers and dishwashers. 'A' rated appliances are the most energy efficient and do not necessarily cost more to buy.**

- ⇒ **A new energy efficient fridge, fridge freezer or freezer could save up to 50% of electricity used. Contact your local energy supplier to find out if they run any 'new for old' exchange schemes.**



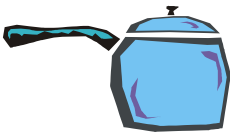
- ⇒ **Using a 40°C washing cycle in your washing machine rather than 60°C means you use a third less electricity, which will save you money.**

- ⇒ **Before using your washing machine, wait until you have a full load of washing, or use the half load or economy programmes if your machine has one. Most modern washing powders work just as effectively at lower temperatures, so unless you have very dirty clothes to wash, try using the low temperature programme.**



- ⇒ **If you use a tumble dryer avoid filling it with really wet clothes – use your washing machine to spin-dry them first. Spin-drying can be done on the economy or half load wash. This will help the clothes dry faster and will you save money in the process. In dry weather clothes can be dried outside – once again helping save energy.**

- ⇒ **With dishwashers, try using a low temperature programme unless there are some really dirty dishes to tackle.**

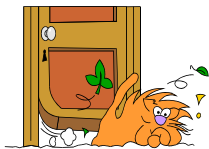


- ⇒ Use a pressure cooker, steamer or slow cooker, instead of an ordinary pan - they are more efficient.

Keeping the Heat in.....



- ⇒ In an average semi-detached house walls lose more heat than any other part of the home. Cavity Wall Insulation will reduce this heat loss by 60% which can save £75 - £100 a year on heating costs.



- ⇒ If your home has ill-fitting doors or windows you will be wasting money on your heating bills. Draught proofing will reduce the heat loss and therefore save you money.

- ⇒ Always close curtains in the evening – this helps keep heat in, During the winter a curtain for your doorway can help to stop heat escaping. Line your curtains, it cuts down heat loss.



- ⇒ A great deal of heat is lost through the roof. Loft insulation can save around 20% of your heating cost.

- ⇒ Set your hot water cylinder thermostat to 60°C.

- ⇒ A shower uses only two fifths of water needed for a bath, this saves water and therefore helps keep water bills down.



- ⇒ When filling a kettle only use the necessary amount of water needed, this will save you electricity and water.

- ⇒ Always remember to put the plug in a basin or sink and turn taps off properly, leaving hot water taps running without the plug can cost you an extra £15 a year.



- ⇒ Fit a good insulating jacket to your hot water tank if it is not foam covered.



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