

Improve Energy efficiency

Saving energy reduces air and water pollution and conserves natural resources, which in turn creates a healthier living environment for people everywhere. At the same time, efficiency also saves money.

Here's forty easy tips to reduce your energy use today for low or no costs:

1. Turn thermostat down by 2°C from 20°C to 18°C
2. Delay start of heating from October to November
3. Wear a thick jumper at home in the heating season
4. Install water efficient shower head and use twice every day
5. Use radiator valves to turn off heating in unused rooms
6. Regularly maintain heating system: use chemical inhibitor and bleed radiators
7. Turn off lights when not in use
8. Insulate hot water pipework
9. Take two showers lasting 7 minutes each instead of 2 baths per week
10. Take showers lasting 5 minutes, not 7 minutes, 4 times a week
11. Air dry laundry instead of using the tumble drier
12. Install sensors and use to turn off lights
13. Only fill kettle to the level required
14. Always use the dishwasher on eco settings
15. Fill oven when on
16. Install cylinder thermostat and use to control tank temperature
17. Defrost freezer regularly
18. Switch televisions off when not being watched instead of leaving on in the background
19. Close bedroom window at night instead of leaving a little open
20. Refitting old and damaged seals on refrigerators and freezers
21. Put lids on saucepans
22. Maintain fridge well (de-ice, clean coils)
23. Insulate water tank using a thermal jacket
24. Avoid 'fast freeze' setting on freezer
25. Maintain boiler and have it serviced
26. Cook with the microwave not oven
27. Wash clothes at 40 degrees or less
28. Simmer rather than boiling food when cooking
29. Repair leaks in hot water system (i.e. dripping hot water taps)
30. Avoid setting fridge thermostat too cold
31. Avoid use of second freezers
32. Not refrigerating / freezing items unnecessarily
33. Use dishwasher only when full
34. Avoid opening fridge door unnecessarily
35. Check oven seals, and replace if necessary
36. When designing the kitchen, site fridge away from oven
37. Put cold items back in the fridge as soon as possible
38. Defrost food in the fridge
39. Avoid cooling hot food in the fridge
40. Avoid leaving fridges empty

[Learn more from The Energy Saving Trust](#)