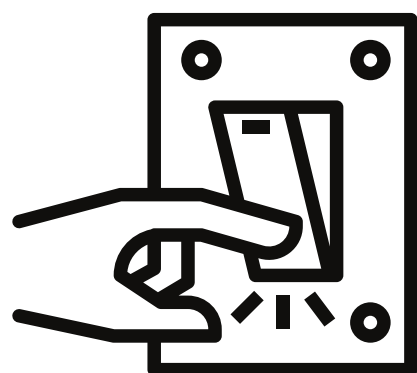




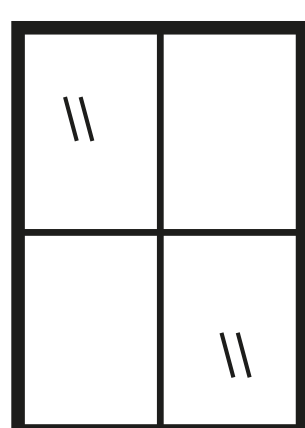
Quick Tips to Save Energy

Tips from energysavingtrust.co.uk



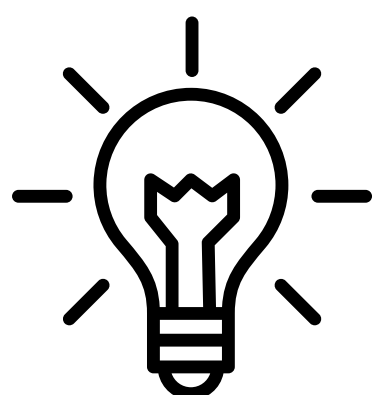
SWITCH OFF STANDBY

You can save around £65 a year by turning appliances into standby mode. Almost all electrical appliances can be turned off at the plug without affecting their programming.



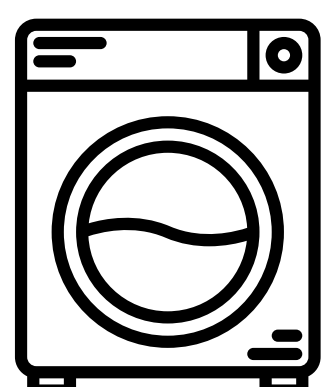
DRAUGHT-PROOF WINDOWS AND DOORS

It's likely you will lose heat through draughts around doors, windows and gaps around the floor. Professional draught-proofing can cost around £225, but it can save around £125 a year in energy bills. DIY draught-proofing can be much cheaper.



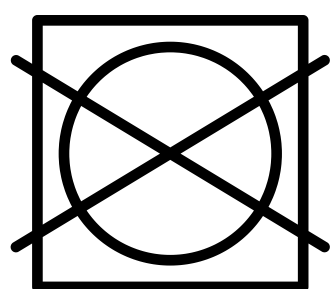
TURN OFF LIGHTS

Turn your lights off when you're not using them. This will save you around £25 a year on your annual energy bills. Replacing all the lights in your home with LED bulbs could help you save even more.



CAREFUL WITH YOUR WASHING

You can save around £34 a year from your energy bill just by using your washing machine more carefully such as using your washing machine on a 30-degree cycle instead of higher temperatures.



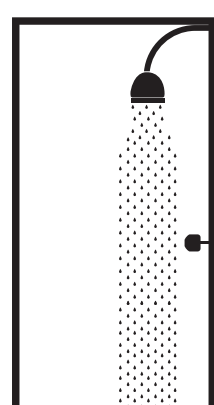
AVOID THE TUMBLE DRYER

Avoid using a tumble dryer for your clothes: dry clothes on racks inside where possible or outside in warmer weather to save £70 a year.



SPEND LESS TIME IN THE SHOWER

Keeping your shower time to just 4 minutes could save a typical household £95 a year on their energy bills.



SWAP YOUR BATH FOR A SHOWER

Some of us might enjoy a long soak in the bath, but swapping just one bath a week with a 4-minute shower could save you £20 a year on your energy bills.



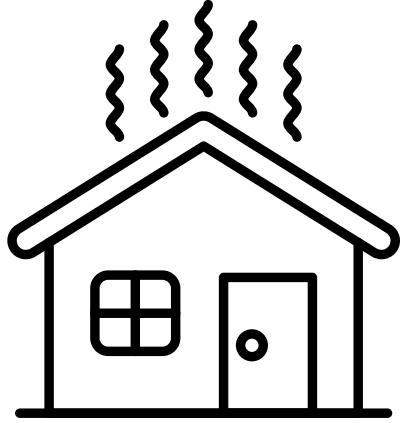
BE SAVVY IN THE KITCHEN

Avoid overfilling the kettle and save yourself £13 a year on your electricity bill.



FILL YOUR DISHWASHER

Only run your dishwasher when it is full to reduce the amount of water you use. Reducing your dishwasher use by one run per week for a year could save you £17.



TOP UP THE INSULATION

Effective insulation of your hot water cylinder is important: even if you have thin spray foam or a loose 25mm jacket, you can benefit from increasing the insulation to a British Standard Jacket 80mm thick, saving £70 a year in the process.

sctsp.org.uk