

# 43 Energy Saving Tips



## Central Heating Systems

- Use a timer on your heating system. Set the heating and hot water to come on only when required.
- If you have a hot water tank, set the cylinder to 60°C. No higher no lower.
- Turn the thermostat down by one degree. Ideal room temperature is 18-21°C
- Adjust thermostatic radiator valves to suit the needs of the room.
- Don't block radiators with furniture.
- A shelf over a radiator will help throw heat out into the room.
- Turn taps off properly. In a single week, a dripping hot tap can waste enough hot water to fill half a bath.
- Fit water saving shower devices if your appliance is suitable.
- Bleed radiators of air before re-starting your heating.
- Request a smart meter to monitor your energy usage, readings will be sent direct to your energy provider.
- If you have a hot water cylinder, ensure it is insulated.

## Around the home

- Close your curtains at dusk to stop heat from escaping through the windows and tuck them behind radiators. In the summer, it can help to keep curtains or blinds closed in south facing windows to stop too much heat coming in.
- Always turn off lights when leaving the room (saving £20/ year).
- Use energy saving light bulbs (LEDS) around the house to save around £40/ year.
- Don't leave appliances on stand-by or lap-tops & mobile phones on charge unnecessarily. Unplug mobile phone chargers or turn off when not in use.
- Wash clothes at 30°C and use a full load when possible.
- Use a slow cooker or batch cook food.
- When using a dishwasher, do a full load. One full load uses less energy than two half loads.
- Whenever possible, dry clothes outside. It prevents condensation in the house and tumble driers use much more energy (saving £60/ year).
- When using the kettle, only boil the water that you need (saving £12/ year).
- During cold periods, consider using an electric thermal blanket to heat yourself.
- Fan heaters use a lot of energy, consider using an oil-filled radiator.
- Take a 4 minute shower, it could save you £70/ year.

- If on Economy 7, make it as efficient as possible by using the cheaper overnight rate as much as possible.



## Insulation

- Install cavity wall insulation if the walls are suitable.
- For solid walls, external or internal wall insulation could be an option.
- Ensure loft insulation is topped up to 270mm.
- Get crafty when it's draughty. Try draught excluders in gaps that lead outside (ie under your front door, letterbox, keyholes etc).
- If you change your carpets, fit a thick underlay to help insulate the floor but bear in mind you may have to raise the doors to accommodate the increase.
- If you have bare wooden floorboards, do you have draughts? Consider insulating from below.
- Fit radiator foils behind radiators to prevent heat from being absorbed into the wall.
- New double glazing, secondary glazing or window films, helps to prevent heat loss.
- Prevent condensation in the home in areas such as the kitchen & bathroom (if you are struggling with condensation speak to one of our advisors).

## Other topics

- You could consider renewable energy systems such as solar PV, air & ground source heat pumps, biomass boilers & mini wind turbines.
- Consider replacing an open fire with an efficient log burner – open fires first lose 70% of their heat straight up the chimney.
- If you have a wood burner or open fire, ensure the wood is dry and well-seasoned.
- If you rely on oil for your heating, consider buying as part of a group to reduce costs.
- When buying any new appliances, consider the energy efficiency of the product and check the rating.
- When installing any energy saving device, consider the financial pay back.
- Compare energy quotes before signing to any new deal.
- You could save money by being on a water meter.
- Keep an eye on the Money Saving Expert for household saving tips.
- Always take an actual meter reading, do not really on estimates.
- Avoid fuel debt – If you are on monthly direct debit, ensure your payments balance out over the year due to fluctuating summer & winter usage.

**Contact South Dartmoor Community Energy for free and impartial energy advice**  
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