



## Top 20 Energy-Saving Tips



### Heating

1. Turn the radiator off when you are out.
2. Close the window before turning your radiator on.
3. Close your curtains at dusk to prevent heat from escaping through the windows.
4. Turn the heating down. As well as wasting energy, having your room too hot is bad for you, as it helps germs to breed and circulate. When it gets cold, why not put on a jumper rather than turning up the heating?
5. Report doors and windows that don't seal correctly when closed.



### Washing

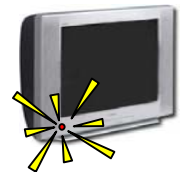
6. Wash your clothes at 30 or 40°C. Modern washing powders/liquids are designed to get clothes clean at this temperature.
7. Save up your dirty laundry to do full loads. Doing a half-load in the washing machine uses more than half the energy of doing a full load.
8. If you aren't doing a full load of washing, use the half-load/economy setting.

### In the Kitchen

9. Put a lid on your saucepan to reduce the amount of heat that escapes.
10. Only put as much water as you need in the kettle.
11. Allow food to cool before putting it in the fridge or freezer.
12. Don't leave the fridge or freezer door open for any longer than necessary.

### In your Room

13. Switch off the light when you leave your room.
14. Switch off the light when it is sunny.
15. Switch off your mobile phone charger at the wall when you are not using it.
16. Use energy efficient light bulbs.
17. Switch off your monitor if you are leaving the computer for more than a few minutes.
18. Switch off your TV and hi-fi completely rather than leaving them on standby.
19. Enable the power down features on your computer to come on after 5/10 minutes. Screen savers do not save energy.
20. Switch off your computer when you are not using it.



## Did you know?

In 2004-05, the University spent over £1 million on energy and water. In 2005-06, it was over £3 million. In 2008-09, it is predicted to be over **£6 million**, unless we do something about it *now*.

## In the UK

**71%** of residents leave appliances on standby

**67%** boil more water than they need in the kettle

**65%** leave electrical chargers plugged in

**63%** forget to turn lights off in unoccupied rooms

**48%** use the car for short journeys

**44%** wash clothes at 60C

**32%** leave the engine running while the car is stationary

**32%** use the tumble drier when the washing line could be used

**28%** leave the heating on when the house is unoccupied

**27%** over-rev the engine

**22%** turn up the thermostat instead of reaching for a jumper

**15%** wash clothes at 90C

Brits waste more energy than their European counterparts, committing six of the top twelve energy-wasting habits most frequently.

42% of Brits cite one of the reasons for this as laziness.



If everyone in the UK turned off appliances instead of using standby, we could save enough energy to power 2.7 million homes for a year.

If we turned off lights when not needed, we could save enough money to pay the wages of 10,000 new nurses.

If we all turned down the thermostat by 1°C, we could save enough energy to heat 1.7 million households for a year.

If all UK households replaced one ordinary bulb with an energy efficient one, we would save enough money to pay around 75,000 family fuel bills for a year.

If everyone in the UK upgraded their appliances to Energy Saving Recommended models, enough energy would be saved to run all UK street lighting for over 6 years.



*Source: Habits of A Lifetime: European Energy Usage Report (EST, 2006)*