



## TOP TIPS FOR SAVING ENERGY

- TURN OFF UNNECESSARY LIGHTS
- KEEP YOUR THERMOSTAT BETWEEN 18 & 21°C UNLESS YOU ARE OLD OR HAVE A YOUNG BABY.
- TURN THE T.V. AND VIDEO 'OFF' RATHER THAN LEAVING THEM ON STANDBY
- SET HOT WATER THERMOSTAT TO 55-60°C
- ONLY PUT AS MUCH WATER INTO THE KETTLE AS YOU WANT TO USE
- WHEN COOKING, TURN DOWN A BOILING SAUCEPAN AND PUT A LID ON TO REDUCE ENERGY USE AND CONDENSATION.
- HAVE A SHOWER INSTEAD OF A BATH
- FIX DRIPPING HOT TAPS PROMPTLY.
- CLOSE YOUR CURTAINS AT DUSK MAKING SURE THEY DO NOT COVER RADIATORS.
- PUT REFLECTIVE FOIL BEHIND RADIATORS TO REFLECT HEAT BACK INTO THE ROOM

**FOR A FREE HOME ENERGY SURVEY CONTACT US AT**

Mayo Energy Agency,  
Arran place,  
Ballina,  
Co. Mayo

Tel: (096) 76113  
Fax: (096) 76199  
Email [mayoenergy@eircom.net](mailto:mayoenergy@eircom.net)  
Web: [mayoenergy.ie](http://mayoenergy.ie)

