

# Energy Tips



## Energy Tips

These energy saving tips will help you to get more value from the energy you use in your home. Then give your home a quick energy check so that you are aware of the value of good energy housekeeping.

### Attic Insulation

Up to one-third of heat loss in a home is through the roof. 150mm (6") attic insulation can pay for itself in energy savings within 2 years.

### Hot water cylinder

Insulate your hot water cylinder with a thick lagging jacket (at least 80mm). Hot water pipes should also be lagged in order to conserve energy. The cost of lagging pipes and cylinder can be recouped within months.

### Low energy lighting

Compact Fluorescent Lights (CFLs) use 80% less electricity than ordinary bulbs to produce comparable light - and they last 8 times as long.

### Water heating

Saving hot water means saving energy and money. Take a shower instead of a bath. Use 'economy' programmes on your washing machine. Use 'cool wash' programmes for suitable fabrics.

### Energy-efficient appliances

Modern appliances are designed to use less electricity than older models. Newer washing machines and dishwashers have 'economy' programmes. 'Jet spray' type washing machines use less water and therefore less electricity to heat.

### Energy Labelling

Energy labelling of all new laundry and refrigeration products is now obligatory. When you go shopping you will find energy information labels on all these appliances. The energy label allows you to compare how energy-efficient one model is against another. The range is from 'A' being the most efficient to 'G' being the least efficient. You will enjoy ongoing long-term savings by choosing the more energy-efficient model.

### Heating systems and heaters

A well designed heating installation should incorporate (a) thermostats which turn the heat off when the room is warm and (b) timers which switch bedroom heaters on and off at appropriate times.

### Draughtproofing

Up to 15% of heat escapes through badly fitting external doors and windows. Fitting draught excluders to eliminate draughts is one of the easiest and cheapest ways to reduce heat loss. Choose from self-adhesive foam strips, more durable metal and plastic strips and brush-like strips for the door.

### Double glazing

Double glazing reduces heat loss through windows and reduces condensation and noise. Consider double glazing when your windows need to be replaced.

### Curtains

Pull the curtains at night. Heavy lined curtains reduce heat loss through windows. Special interlining can be inserted between curtain and lining for extra insulation.

### Energy-efficient cooking

Use an electric kettle to boil water for cooking instead of using the hob. Use a toaster instead of a grill. Avoid using the oven to cook one dish. Bake a few things at one time. A microwave oven provides an efficient way of thawing, reheating and cooking food.

### Appliances

Energy is wasted if we don't switch appliances off when they are not in use. Switch lights off in rooms that are unoccupied. Switch off the TV or stereo when you are finished using it. Switch off or turn heater controls down when rooms are warm enough.

### Energy saving habits

It's obvious, but how many of us sit in over-heated homes and don't bother to turn the heat off. Reduce the settings of thermostats, as the weather gets slightly warmer. It's only a matter of developing the habit.



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# Energy Tips for Storage Heaters



## Storage Heaters

### **Saving Energy With Effective Controls**

How you use your electric heating can mean savings in your heating costs.

All the heat that you pay for will eventually leak away to outside so it makes sense to slow down the rate of loss by having good thermal insulation and then to use your heaters only when you need them.

Plug-in heaters such as radiant fires, convectors, oil-filled radiators, fan heaters and fuel-effect fires are primarily designed for short-term heating. In this role they are very effective and energy-efficient, providing heat precisely when and where it is needed.

For the most economical use of short-term heating choose a plug-in heater with a built-in variable thermostat. Built-in timers can also play an effective role in controlling your heating costs by providing heat only when you need it. This is a convenient means of switching the heater on and off at pre-set times.

**REMEMBER!** Time switches must never be used to control heaters with exposed radiant elements, e.g. electric fires. (For further information, pick up a copy of "The Safe use of Electricity in the Home" from any ESB shop.)

### **Electric Storage Heating**

For long term heating, storage heaters are very economical because they operate exclusively on lower-priced Night Saver electricity.

Modern storage heaters are quite compact and slim; clean and reliable in operation. They require no routine maintenance or servicing and can operate for years without attention. Combined storage and panel convector heaters are also available and they save on valuable wall space.

### **Operating Electric Storage heating effectively.**

To get the most from electric storage heating you should make full use of the controls on the heaters.

1. Early and late in the heating season turn down the INPUT or CHARGE control on the storage heater. This reduces the amount of electricity taken in by the heater at night. Over the course of the heating season this control should be adjusted periodically to suit the prevailing or forecast weather conditions.
2. Use the OUTPUT or BOOST control to adjust the daily heat output to suit your individual living patterns. The low setting slows down the release of the stored heat; the high setting allows the stored heat out earlier in the day. For example, if you need heat throughout the day set this control to the midway position. If the house is generally unoccupied during the day set this control to the lowest setting when retiring at night and move it up to the high setting when you come home in the evenings.
3. A fan-assisted combination storage heater has a very high level of insulation to retain the stored heat longer. The fan extracts this heat quickly whenever higher room temperatures are needed.

Operating the controls on your electric heaters will make your system more energy-efficient and will keep heating costs to a minimum.



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