

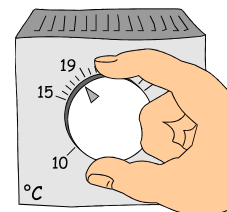


# NO COST AND LOW COST TIPS

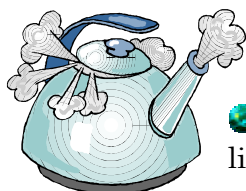
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This fact sheet has been designed to show that you don't have to spend a lot of money to make energy savings in your home. It gives tips and ideas for things that can be carried out quite simply and economically, and which will continue saving you energy and money in the future.

● Turn down the room thermostat by 1°C and it could save you 10% on your fuel bill. But don't skimp on heat if you are elderly or if your health is at risk.



● Make sure your heating system is not set to come 'ON' too early - setting it to come 'ON' about 30 minutes before you get up would normally be adequate. Similarly, the heat left in your heating system at the end of the day can still be used - setting your heating to go 'OFF' about 30 minutes before you go to bed could save you money without affecting your comfort in any way.



● Only boil what water you need in the kettle.

● Put a lid on saucepans when cooking - you will be able to turn the hotplate down a little, and it will also cut down moisture in the air.

● Once a saucepan is boiling, you can turn down the heat a little to keep it *just* boiling. Food will still cook in the same time but you will use less gas/electricity in your cooking.

● Defrost fridges and freezers regularly and make sure to keep the fridge door shut. Keep freezers fairly full (even using empty boxes to fill spaces when gaps appear on the shelves).

● Switch off lights in rooms that are not in use. A normal 100 watts bulb uses one unit of electricity every 10 hours (= a one-bar electric fire for an hour).

● Use economic bulbs rather than classic bulbs; they have longer time of life.

● For heating, it's usually more efficient to use a lower setting for a longer time. This is cheaper and more comfortable than running heating for short bursts at high temperatures.



● Don't put furniture in front of radiators and heaters, furniture don't need to be warm...

● Draw the curtains at dusk and make sure curtains don't cover radiators.

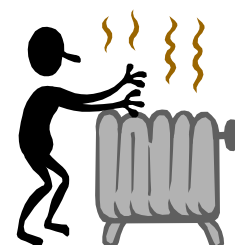


● Fix dripping hot taps promptly. By leaving a hot tap dripping you could be wasting euros/year, for the sake of a small rubber washer.

● Put reflective foil behind radiators. The foil will reflect valuable heat back into the room where you need it, rather than heating the wall behind the radiator. This is even more cost effective when the radiator is sited on an un-insulated external wall.

● Set hot water thermostats to 55-60°C maximum. There is no point overheating water to the point where you have to cool it down before you can use it!

● Put plugs in basins and sinks etc. - running hot water to waste is expensive.



- Turn televisions and videos etc. fully to 'OFF' rather than leaving them on 'STANDBY', it could use up to 80 euros/year of electricity just for a TV.
- Don't put hot food in the fridge - let it cool first, then you won't be warming up the fridge, and the fridge won't then be using energy to cool itself down again.
- Use low temperature settings where possible on automatic washers and dishwashers. Many models now incorporate low-temperature programs, which can give the same results (possibly with a low-temperature washing powder) but use far less energy.
- Use a shower instead of a bath. A shower typically uses only 20% of the hot water that a bath uses, so you could have 5 refreshing showers for the price of one bath!
- Use thick, lined curtains - these will act as insulation to stop heat escaping from the room.
- If you don't have double-glazing, consider the use of low cost secondary glazing, such as plastic sheet (e.g. Polycell) or "cling-film" type. These are not normally permanent, but do cut down heat loss through the glass, and can help eliminate draughts. You can fit them for Winter and remove them for the rest of the year if you wish.
- Don't open doors or windows to cool down a room, which is too warm - turn down the heating thermostat instead. This is heat that has to be paid for, so it is better to use only that which is needed rather than using it to no effect.
- Fill in gaps between floors and skirting boards using modern sealants, which will ensure draught-free rooms.
- Make sure your loft hatch fits snugly - don't forget that warm air rises and will find a way out if it can.
- Don't overheat unused rooms - use only minimal heat. But make sure you keep the fabric of the building warm enough to prevent condensation problems occurring.
- Use gas fires or individual room heaters when there is no need to heat the whole house. Fires and heaters are normally designed to keep the individual room at a comfortable temperature.
- Consider the possibility of changing fuel suppliers. This won't cut down your energy consumption, but it could save you lots of money on your fuel bills.
- Use half-load settings on appliances, which offer them e.g. automatic washing machines etc. These are energy saving features built in to appliances for the customer's benefit.



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