

Energy Efficiency Checklist



Here is a list of things people can do, to check they are using energy as efficiently as possible in the home:

- Heating the property as efficiently as possible.
 - You should heat the rooms you are in, while you are in them, between 18-21°C.
 - This should be applied for the rooms you are more sedentary in, such as the living room.
- Stop overfilling the kettle.
 - The more water they have in them, the more electricity is needed to heat the water.
 - You should only fill the kettle for the amount of water needed, whether it's a cup of tea or a saucepan of water.
- Turn off lights in rooms that aren't being used.
 - Lights should only be on in rooms that are being used. Any lights left on will cost money to run.
- Open curtains in the morning and close them at sunset.
 - Letting sunlight into a room can help raise the temperature by a few degrees.
 - If curtains are closed, they should prevent heat from leaving rooms through windows.
- Wash clothes on a 30° wash, or lower.
 - Clothes do not need to be washed at a high temperature, unless you work in nursing, construction, or any industry where work clothes need to be washed at a higher temperature.
 - A washing machine that only heats to 30° or less will use less electricity, as it will not need to heat the water to a higher temperature.
- Use energy efficient lightbulbs.
 - All electrical items have an energy efficiency rating. It is always worth checking the rating on lightbulbs to see if they are rated A or higher before purchasing them.
- Use a Smart Meter to monitor your usage.
 - Smart Meters usually come with an In-Home Display Unit, which can be used to monitor the gas and electricity used in the home.
 - If you do not have a Smart Meter, you can speak to your supplier to see if they can install one.
- Use timer settings for your central heating.
 - Using a timer means that you can set when your heating comes on and off, and can be set to keep the house between 18-21°C.
- Stop using plug in electric radiators.
 - Plug in radiators and heaters use a lot of electricity. If they are being used, then it means your electricity bills will be more expensive.

- Draught proof windows, doors, chimneys, flooring, loft hatches, pipe work or cracks in walls.
 - Making sure draughts are blocked means less cold air will come into the property and less heat will leave through the gaps.
- Remove blocks or seals for ventilation.
 - Older properties will have ventilation holes in them. Keeping properties ventilated reduces the risk of mould and condensation.
- Install a cylinder jacket for your hot water tank.
 - If you have a hot water tank, putting insulation over it can stop it from getting cold, and keep the water warmer without relying solely on the heating.
- Turn down the boiler flow temperature.
 - Reducing this on your boiler, for heating and hot water could save money on your energy bills.
 - There is information on how to do this on the Energy Savings Trust [website](#).
- Move furniture away from radiators.
 - If furniture is blocking a radiator, then it will not be able to heat the room. This means rooms will not heat up as quickly as they could, and it will cost you more energy.
- Use a slow cooker.
 - If you have a slow cooker, and can use it to cook meals, they use less electricity than an oven, which could save money on your energy bills.
- Dry clothes outside where possible.
 - Drying clothes outside means they will not create condensation in the home, which can create mould.
- When drying clothes inside, do not put them directly on a radiator.
 - Putting clothes directly onto a radiator stops them from being able to heat the room they are in.
 - It is best to put clothes on a drying rack next to the radiator.
 - When drying clothes indoors, make sure windows are open slightly. This prevents condensation, which can lead to mould.
- Open windows in the kitchen when cooking.
 - This stops condensation from forming mould in the kitchen.
 - After cooking, it may be worth leaving windows open. They can be left open for 10 minutes, or until any condensation has left the room.
- Open windows in the bathroom after washing.
 - Opening the windows for 15 minutes after bathing or showering prevents condensation, which can lead to mould.
- Make sure items are not left on standby.
 - Items on standby can still use electricity. If they are turned off properly, it could save you money.
- Do not charge phones overnight.
 - Phone chargers do not know when a mobile phone is fully charged, which means they will use the same amount of energy whether a phone is charging or fully charged.