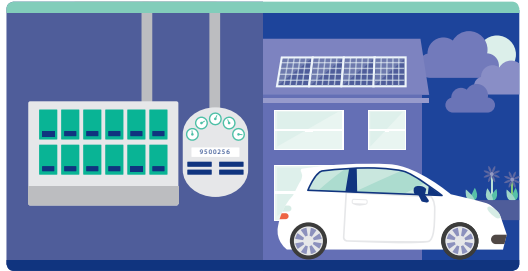


Tips for saving energy and money around your home



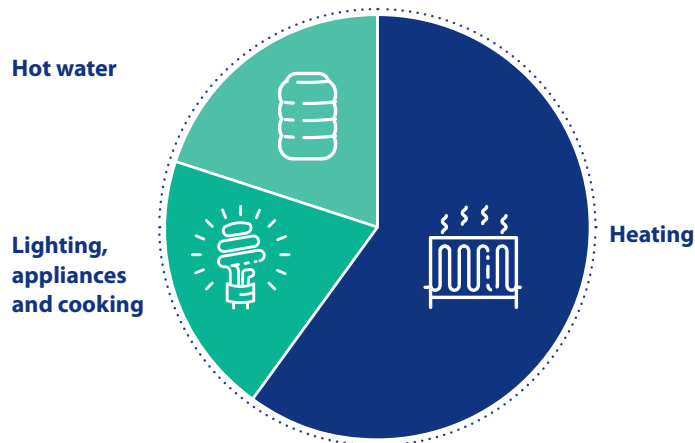
Do you want to make your home more energy efficient, do your bit for the environment and save some money? You've come to the right place!

Why is it important to reduce the energy we use?

Most of Ireland's energy comes from imported fossil fuels like oil, coal, peat and gas. These fossil fuels are burning in power stations to produce electricity and used to heat our homes and run our cars. They emit carbon dioxide, a major contributor to climate change.

You might be surprised to know that our homes are responsible for a quarter of all the energy we use in Ireland.

Where we use energy in the home?



What can I do?

We all require energy to heat and light our homes and to run our home appliances. By focusing on the main energy-using areas of your home, there's great potential to save energy and money.

This booklet provides you with lots of advice to quickly save energy. Once you get started, these behaviour changes come very easily. It is all about breaking bad habits and building good ones.

The Hall



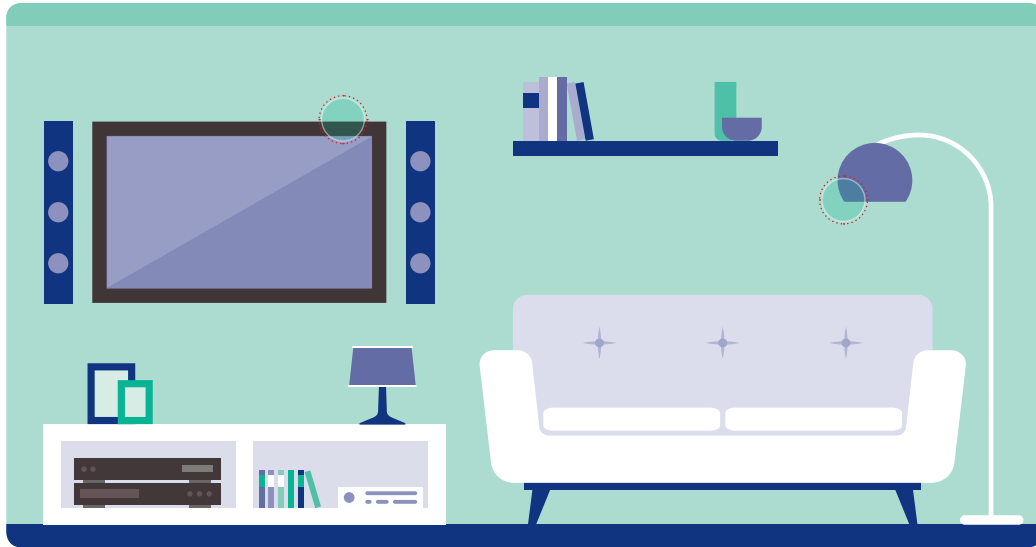
Your heating system

- Aim for 20°C in your living areas and 15-18°C in hallways and bedrooms. You can reduce your heating bill by 10% by lowering your room temperature by just one degree.
- There are lots of great heating control systems on the market now that allow you to manage your heating schedule smartly, even from your smartphone. This means you only turn it on as you need it.
- Use the heating timer to control your heating. Radiators will continue to heat your home for some time after the heating is turned off. So try this, turn on your heating 30 minutes before you need it and turn it off 30 minutes before you don't need it anymore.
- Having your boiler serviced once a year will make it more reliable, safer and run more efficiently. When you are having your boiler serviced ask your plumber to explain the settings and how to use them correctly.

Prevent heat from escaping

- Close doors to rooms that are not used very often and turn radiators down or off so you only heat the area you are using.
- Find the source of cold draughts and plug the gaps. Windows and doors are good places to start. Use draught excluders to eliminate draughts around doors, windows and skirting boards.
- Never block wall ventilators as they are essential for good air quality in your home.

The Living Room



Lighting

- Maximise the use of daylight.
- Replace your old inefficient light bulbs with LED lights. Traditional light bulbs are incredibly wasteful as most of the electricity they use produces heat rather than light!
- Remember to turn off the lights when you are leaving a room or where you do not need them.
- Outdoor lights can be fitted with sensors and timers to reduce operating times.

Appliances

- If you are replacing an appliance, choose the most efficient model you can afford.
- Use an energy monitor to assess exactly how much energy you are using to learn about the costs of your energy habits. These are easily available online or in some hardware and gadget shops.
- Switch off all your appliances at night and when you are not home.

How long does it take to use one unit of electricity?

Electric shower	7-10 mins
Immersion water heater	7-10 mins
Cooker (1 large ring)	20-40 mins
Kettle	20-40 mins
Tumbler Dryer	20-40 mins
Washing machine	70-100 mins
Desktop computer	4-6 hours
28"TV	4-6 hours
60 watt ordinary light bulb *	17 hours
12 watt CFL light bulb *	83 hours
6 watt LED lamp *	166 hours

Figures from bonkers.ie, except *

The Kitchen



Washing machine, dryer and dishwasher

- Most of the energy used by a dishwasher and washing machine is for water heating. By running these appliances at a lower temperature setting you will save on your energy costs.
- Make sure you fill up the washing machine and dishwasher before switching it on to avoid wasting water and energy.
- Dryers use a lot of energy, so use a clothes horse or washing line on warm and dry days. When you do use a dryer, try to put heaving and light clothes into separate loads.

Fridge and Freezer

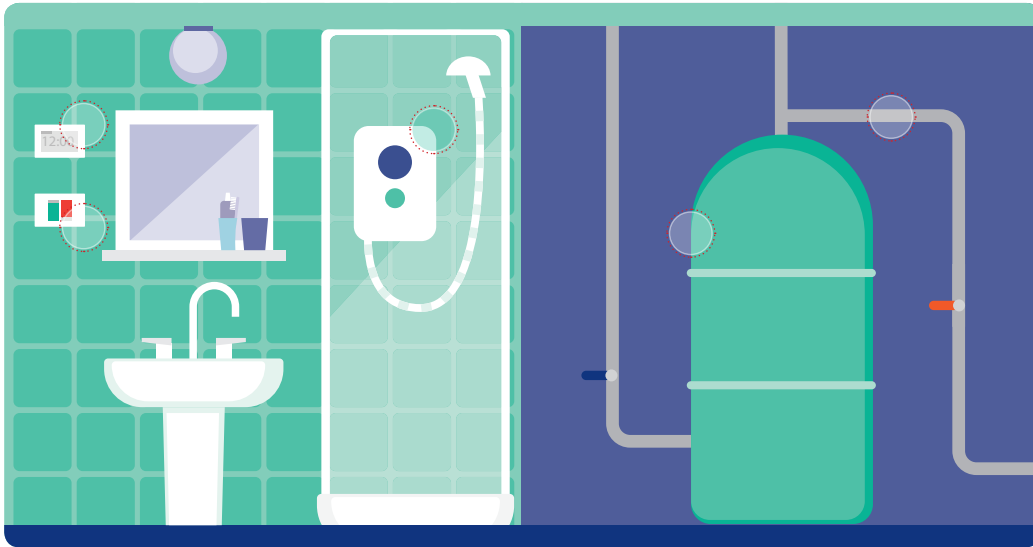
- Adjust your fridge / freezer temperature settings. Your fridge should be between 3-5 degrees and your freezer between -15 to -18°C. Refer to your user manual for details.
- Don't leave the fridge door open for too long while getting food. For every 20 seconds the door is open it takes 45 minutes for the fridge to cool down to its original temperature.

- Defrost the inside of your freezer at least every 6 months to help it run efficiently.
- A fridge with a faulty door seal uses more energy than it should. If it is faulty then see the manufacturers guidance on how to repair or replace a faulty seal.

Cooking

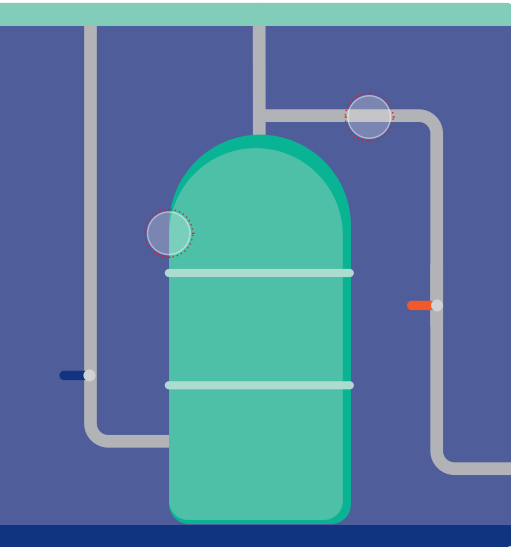
- The oven is a big energy user, so use it sparingly. Batch cooking larger meals is a great way to save time and energy.
- Only boil as much water as you need in the kettle.
- Where possible use a microwave for cooking, and use the toaster rather than the grill.

The Bathroom



- Set your water heating to 65°C on your immersion heating so that you don't waste energy by overheating water.
- An immersion timer is really useful for ensuring you only pay to have hot water when you need it.
- Take a shower rather than a bath. A regular shower uses only 20% of the energy it takes to heat the water for a full bath.
- Pumped electric showers are one of the biggest energy users in the home. By reducing your shower time, you could save a lot of energy and water.

The Hotpress



- Replace your old cylinder lagging jacket with a high quality one to keep the water hotter for longer. A good quality 80mm lagging jacket will save up to 30% of your water heating costs and pay for itself in just two to three months. If you replace your cylinder it will be pre-insulated and very efficient.
- Insulate hot water pipes with foam tubing especially in unheated areas, for example the attic. This will reduce needless heat loss and help protect your pipes from freezing in winter.

Managing your electricity



- Electricity is at highest demand between 7am-9am in the morning and 5pm-7pm at night. Electricity is at peak production during these times and is typically more carbon intensive. Try to use electricity outside these times. Many new appliances have delay start timers and this can help avoid peak time usage.
- Make sure you shop around for the best electricity prices for your needs. Check out price comparison websites, such as bonkers.ie, to do this.

You and your car

- Always try to walk, cycle or use public transport where possible.
- Avoid using the car for short journeys.
- Driving at around 80 km/hr, where safe and practicable, will significantly reduce emissions compared to higher speeds.
- Drive smoothly and efficiently, harsh acceleration and heavy braking can use up to 30% more fuel and can cause increased wear and tear on the vehicle.
- When you are buying tyres for your car, make sure to check the label and consider the most energy efficient tyres suited to your needs.
- Are you ready to drive electric? Check out all the electric vehicles on the Irish market on drivingelectric.ie and compare running costs and features. Go to our car dealer map, find a dealer near you and book your test drive today.

Would you like to save more energy and money in the home?

We have grants that can help your home become warmer, cheaper to run, and have less emissions.

Almost 400,000 people have availed of a home energy grant, and 5,000 people have received a grant for an electric car.

Visit seai.ie for more information.

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