

IMMEDIATE PAYBACK

Check Your Tariff

Are you sure you are on the cheapest available tariff? For both your electricity bill and gas bill, it is worthwhile to check the website(s) of your supplier(s) and of other suppliers to see whether you are on the cheapest tariff for your level and pattern of energy use.

Turn Down Central Heating Thermostat by 1°C

Can cut your bill by 10% and your carbon footprint by 230kg per year.

(Avoid having thermostat below 17°C (18°C if you have a baby) when you are at home in winter as ill health may result. Elderly people: Dept of Health recommend main living room temperature as 21°C(70°F), bedroom at 18°C(65°F) and rest of house at 16°C(61°F))

Thermostatic Radiator Valves (TRVs)

These enable you to have radiators in different rooms at different heat levels. In a rarely used room, turn valve to frost-stat level and keep the door closed. Consider lower setting in bedroom than in downstairs room. If you do not have TRVs, a competent heating engineer can install these for you.

Hot Water Cylinder Thermostat

If your hot water cylinder has a thermostat fitted to the outside of it, check its setting. The optimum is 60°C (140°F), and should not be set below this temperature, to prevent bacteria such as legionella.

Curtains (even double glazed windows are thermally leaky)

Our thermal imaging has shown that having well fitting curtains closed makes a big reduction in heat loss. (Blinds appear to be not very effective in reducing heat loss). Close at dusk for best effect.

Curtain hems ideally need to just touch window sill or floor, not be in front of the radiator. If curtains hang in front of radiator tuck them behind the radiator (in which case the radiator heat will rise behind the curtain and be lost even through double glazed windows).

No double glazing? Net curtains at single glazed windows are almost as effective thermally as double glazed windows.

Draught Proofing

Check the draught proofing for your windows and doors, and replace it if needed.

Lights

Turn off the lights when you leave a room for more than 10 minutes. It is a myth that turning lights on and off uses more energy than leaving them on.

Kettle Use

Put only the amount of water in the kettle that you need. Kettles use a lot of electricity. Making a mug of coffee in the microwave uses much less energy than using a kettle.

Appliances

Do not leave appliances on standby (TVs and DVD players etc.). Remember to switch off chargers (mobile phones etc.) when you are not using them.

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