



Energy Efficiency

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Know the facts...

Energy efficiency means using less energy, saving you money and helping the environment. You may think that'll be daunting to do - don't worry it's not. There are simple things we can all do to make a real difference.

Let's start with the things we do daily:

- Boil a kettle with only as much water as you need.
- If you're last to leave, remember to switch off the lights!
- Don't leave appliances on standby, switch off!
- Lids are there for a reason! Putting the lid on when cooking makes your food cook much faster.
- Choose to shower instead of having a bath.
- Remember not to leave the fridge door open for any longer than you need.
- Shutting the curtains, especially lined ones, will stop heat escaping through your windows.



Washing:

- Fill washers and dryers with the right amount and don't overload.
- Using less detergent washes equally well and it saves you money – and the environment.
- Washing clothes at 30°C can be just as effective and it uses 40% less electricity than when washing at a higher temperature.
- Don't hang clothes over radiators. They may dry quicker but it makes the radiator work

harder so it uses more energy.

- Avoid tumble drying – dry clothes outdoors or on indoor dryers when possible to save money and energy.



Cooking:

- Have you stocked up your refrigerator? If not place bags filled with newspaper into the fridge or freezer as when it's full it doesn't have to work as hard to stay cool.
- Dusting your fridge also saves you money! When dust covers the condenser coils, your fridge uses more energy.
- Halogen ovens use 75% less electricity and cooks 50% quicker than a conventional oven.
- There's no need to preheat the oven if your food requires an hour or more to cook.
- Use the right sized pan for the job and the right sized ring for the pan! Heating a 6" saucepan

on an 8" burner wastes 40% of the energy used.

- Cutting food into smaller pieces will help it cook faster.
- Defrost your freezer regularly and avoid putting hot food in the freezer. This will allow it to run more efficiently.



Appliances:

- Replacing or buying a new appliance? Look out for the energy efficiency rating whenever you buy new appliances.
- Choose laptop over desktop - laptops only draw 15-25 watts during regular use compared to the 150 watts used by some conventional desktop computers.
- Heating - turning your central heating down by 1°C could cut your heating bills by up to 10%. You'll notice the saving, but not the drop in temperature.
- Reducing your laptops monitor brightness from 100%

to 70% can save up to 20% of the energy the monitor uses.

- Don't leave your phone charging overnight, a few hours is all that's required.



Lights:

- Placing a large mirror next to a window allows the light to reflect on to it - brightening up the room and saving you from using electricity.
- Paint and decorate your rooms with pale colours - it reflects more light, helping you get away with using lower wattage bulbs.
- A heavy coat of dust on a light bulb can block up to half of the light, so let's get dusting.
- Want more control over the brightness of your lights? Try

a dimmer, it'll let you have full control.

- In the summer months we don't need to use our lights as much. Let the sun do what it does best.
- Also, during the summer, turn off unnecessary lights. Much of the energy from a light bulb is heat.
- Use energy efficient light bulbs - if every UK home installed three of them, it would save enough energy to power all of our street lights.



Others:

- If you're going away - make sure to buy a light switch timer that can be turned on and off at pre-programmed times to make your home look occupied. It's more effective than leaving your light on the whole time.
- Removing unnecessary weight from your car could save you almost £30 worth of fuel a year.
- A typical window left open overnight in winter will waste enough energy to drive a small car over 35 miles.
- Shut all the windows and doors when the air-conditioning is on. It keeps the cool air in the room and its more energy efficient.
- Plant a tree to help shade your house on hot summer days.
- In your hallway 27% of heat loss comes from the letterbox! There are loads of similar nooks and crannies that also let out heat

such as cat flaps and keyholes. Remember to draught proof!

- Another way to be more energy efficient and reduce your energy wastage is simply to get an early night. Putting out the lights, turning off the television and heading to bed a bit earlier could save you almost £20 a year.
- If you're on an economy 7 tariff - make the most of it by maximising your energy usage at night.



Home improvements:

- Insulate your hot water cylinder with a lagging jacket - there's no need for it to be set higher than 60°C/140°F.
- Draught proof windows and doors - a lot of heat can be lost if you don't.
- It's not just your loft that can be insulated don't forget about wall and floor. Under floor insulation is relatively cheap and pays for itself within a year.
- Moving furniture away from the radiators will allow warmth to come into the room more effectively.

Energy usage – how long does it take to use 1kWh?



Gas

Appliance	Watts	Time to 1 kWh
Grill	2000	30 mins
Hob	2500	25 mins
Oven	2500	25 mins

Electric

Appliance	Watts	Time to 1 kWh
Tumble dryer	3000	20 mins
Electric heater	2500	25 mins
Conventional oven	2200	30 mins
Kettle	2200	30 mins
Fan oven	2000	30 mins
Washing machine	2000	30 mins
Hair dryer	1538	40 mins
Coffee maker	1500	40 mins
Hob	1400	40 mins
Dishwasher	1200	50 mins
Lawn mower	1200	50 mins
Toaster	1100	55 mins
Microwave	900	1hr 5 mins
Vacuum cleaner	500	2hrs
Fridge-freezer	300	3hr 20 mins
TV	150	6hr 30 mins
Games console	125	9hrs
Desktop	100	10hrs
Hair straightener	90	11hrs
Laptop	45	22hrs
Florescent light	20	2 days
Shaver	15	3 days
LED light	11	4 days
Mobile phone	4	10 days

*The figures are an approximation based on the appliance running constantly at full power at the stated wattage. (Wattages may vary between individual appliances and may not remain constant whilst in use.)