

# SAVE ENERGY IN YOUR HOME



## SAVE ENERGY IN THE KITCHEN

- Always use the right sized pan for the job, and use the correct hob ring for each pan.
- Keep the oven door shut as much as possible and make sure the glass door is clean so you can see what's going on.
- Let warm foods cool down before putting them in the fridge.

### WASHING TIPS

- Spin your clothes on the washing machine's highest spin cycle before putting them in the tumble dryer.
- Washing clothes at 30 degrees rather than higher temperatures will save around 40% of the energy used each year. Modern washing powders and detergents work just as effectively at lower temperatures.
- Wait until you have a full load before putting on a wash.
- Try to minimise unnecessary washing by hanging up clothes to air after using them. This way you can get the maximum use out of each item before needing to wash it.



## IN THE BATHROOM

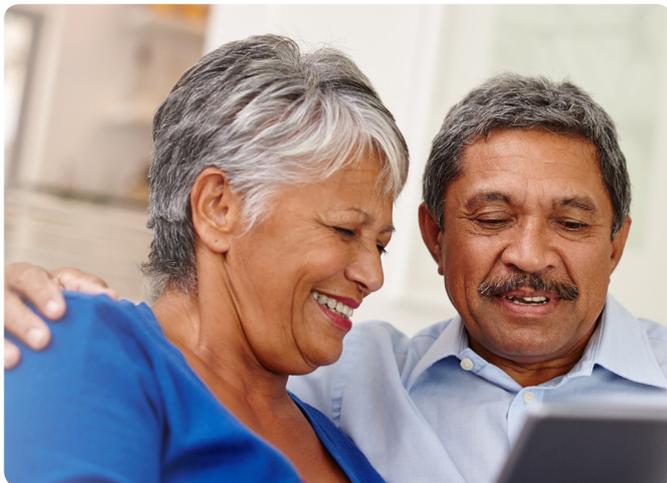
- A quick shower will use less energy than taking a bath.
- Check that your fan is only set for the time needed to clear condensation and smells from the bathroom.
- Invest in a shower timer to help you see how long you spend in the shower – shorter showers use less energy!
- Don't leave the taps running continuously while you brush your teeth, shave or wash your face – fill the basin or just turn the taps on when you need them.

### EXTRA HOT WATER TIPS

- Power showers can easily use as much water as taking a bath – consider fitting an aerated or low-flow showerhead to cut down water use.
- If you have a hot water tank, try to set your programmer to best match the times of day when you use hot water, so you're less likely to heat water when you don't need to.

## IN THE HALLWAY

- Fit draught excluders around the front door, and over the letter box and key hole.
- Putting a curtain over the front door helps keep the draughts out.
- Get into the habit of closing all the doors to keep the heat in each room.
- Hallway lights are used more than most – so fitting an LED bulb here could save around £2 to £6 per year.



## IN THE LIVING ROOM

- Draw the curtains at dusk to keep the heat in.
- Don't leave things switched on or on standby when not in use (this could save around £30 a year).
- Get into the habit of turning off the television at the socket and not leaving it on standby. You can buy mains controllers which do this by remote control.

## IN THE DINING ROOM

- If you don't use the dining room often, make sure your radiator is set to the lowest setting.
- Don't forget the room will heat up if you're having guests round.
- Don't overdo the catering; wasted food makes a significant contribution towards carbon dioxide emissions and costs you money!

## IN THE BEDROOM

- Towel-dry your hair thoroughly to cut down use of your hairdryer.
- Use a hot water bottle to warm the bed up, rather than an electric blanket.
- Don't leave your phone charging all night – it should only need a couple of hours.
- During winter, set the heating to switch off a while before you go to bed – that way it won't stay on unnecessarily once you're all tucked up.
- Set your heating to come on a bit before you wake up but time it so that it switches off again before you leave.

## IN CHILDREN'S BEDROOMS

- A TV, DVD player, computer and PS4 will cost £60 altogether per year to run - but that could be much higher if they are always left on when not in use.
- Encourage your children to turn off equipment at the socket by making it easy to access the switch.
- If your children need a night-light make sure it's a low energy bulb – the very lowest wattage should be enough.
- If you are thinking about buying a new computer, a new laptop typically costs £17 less per year to run in energy than an old desktop computer (and takes up less room).

Based on an average standard electricity price of 14.37p / kWh.  
Correct as of June 2017.

# DON'T STRUGGLE WITH ENERGY COSTS. YOU MAY NOT HAVE TO.

The Energy Saving Trust in Scotland is funded by the Scottish Government to provide free, impartial advice to help you save energy and money and help fight climate change.

To find out what you can do today, visit our website at [energysavingtrust.org.uk/scotland](http://energysavingtrust.org.uk/scotland) or give your local Home Energy Scotland advisor a call.

Our advisors will:

- Give you personalised advice on what's practical for your home
- Tell you about offers available in your area.

**We're here to help – it's free to call on  
0808 808 2282**



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June 2017  
E&OE