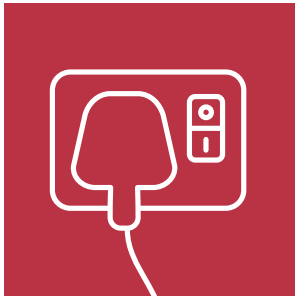


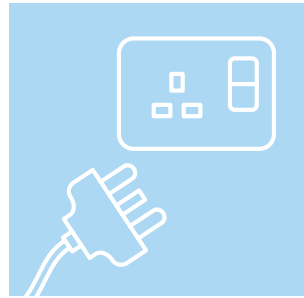
# Top tips for saving energy at home

There are many ways to save money on electricity bills whilst working from home. Here are some easy things you can add to your routine to save energy and reduce your carbon emissions.



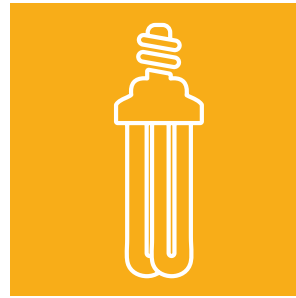
## Press

Switch off appliances at the wall



## Pull

Pull out chargers while not in use



## Twist

Replace regular bulbs with energy efficient ones



## Boil

Only boil the water you need



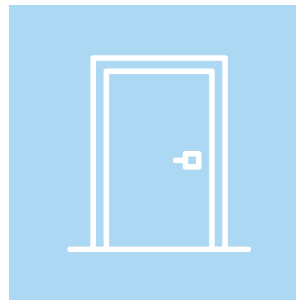
## Match

Use the right sized hob for your pan when cooking



## Close

Close your curtains and blinds to keep the heat in more effectively



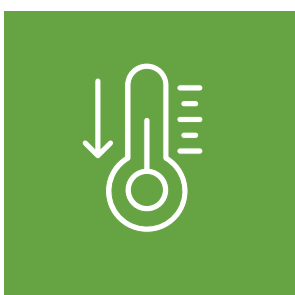
## Seal

Seal or block any windows or doors



## Wear

Put on extra layers when it's cold indoors



## Turn

Turn down the thermostat one degree



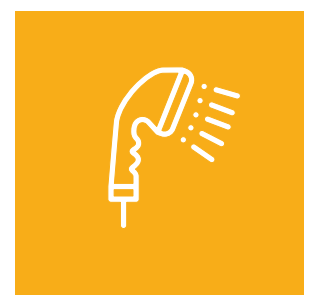
## Insulate

Check your insulation is topped up in your roof



## Switch

Spend one less minute in the shower every day



## Fit

Install a water efficient showerhead

# 5 ways to save the planet



## At home

- Opt out of both physical and electronic junk mail
- Buy locally produced food
- Check your appliances are energy efficient
- Turn off lights when not in use
- Check for draughts in windows or doors and replace the seals



## Commuting

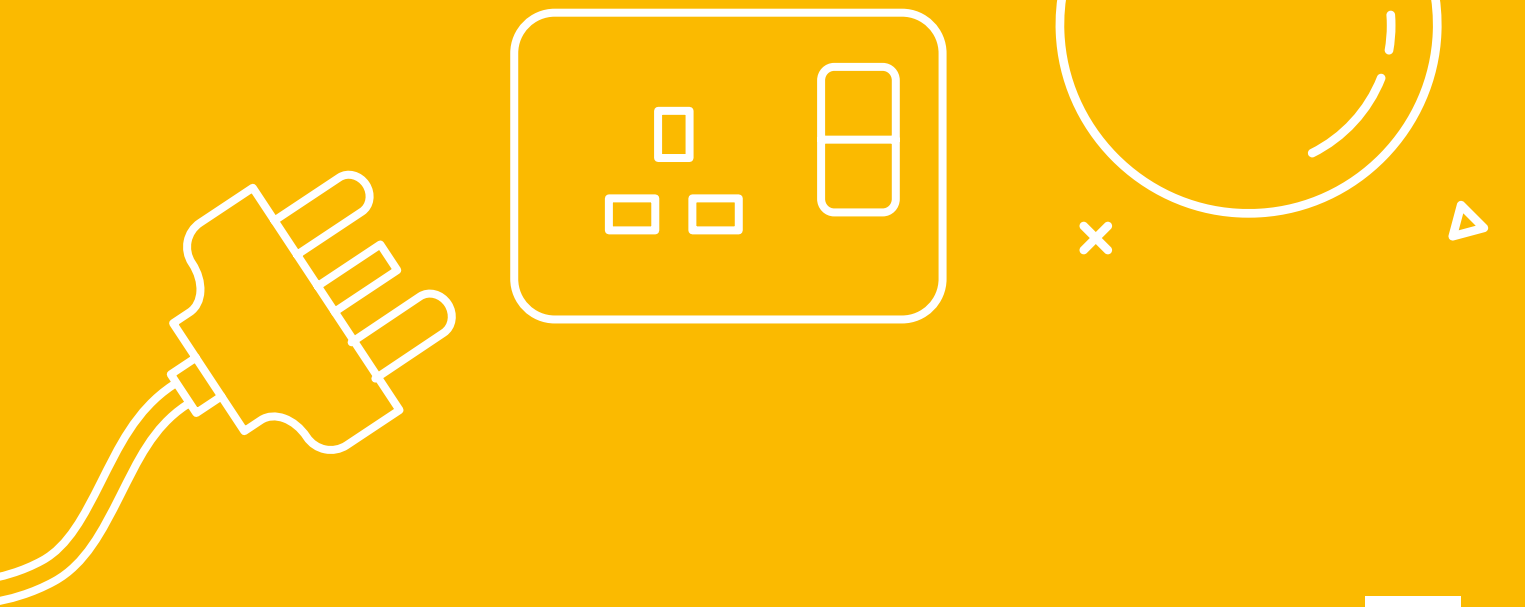
- Walk, cycle or use public transport to reduce carbon emissions
- Get a reusable water bottle and/or coffee cup
- Invest in an electric vehicle
- Drive more eco friendly or try car sharing with a friend or colleague



## At work

- Only print what you need
- Turn off your computer at the plug at the end of the day
- Use sustainable suppliers
- Host an energy saving quiz with colleagues about net zero
- Reduce office waste by increasing what you recycle or compost

# Save energy, save the planet



## Let's do our part to build a sustainable future

### The climate emergency

With the scale of extreme weather we've seen over the past few years – from Australian bush fires to flooding in the UK – few people now deny that we are facing a real climate emergency.

### The scientific evidence

Everything we've measured is clear: emissions of greenhouse gases, resulting from human activity, are causing our climate to change. Governments, businesses and individuals will need to play their part to save our planet.

### Small changes

By making minor changes in our lives: using less energy, reducing our carbon footprint, making more sustainable and ethical purchases, we can help the UK achieve its 2050 net zero target.

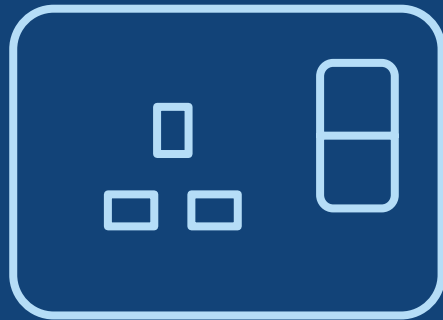
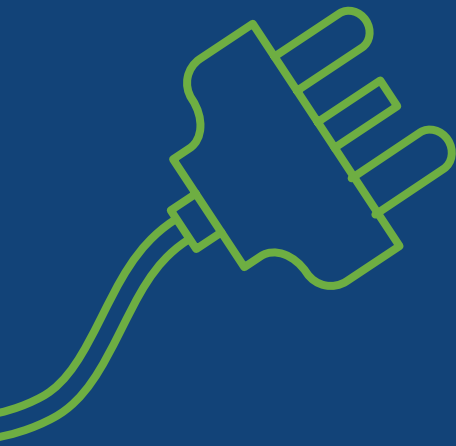
### What is net zero?

This refers to achieving an overall balance between the carbon emitted into the atmosphere and the carbon removed from it to limit the rise in the Earth's temperature and negative environmental impacts.

#netzero

For more information visit: [energysavingtrust.org.uk](https://energysavingtrust.org.uk)

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