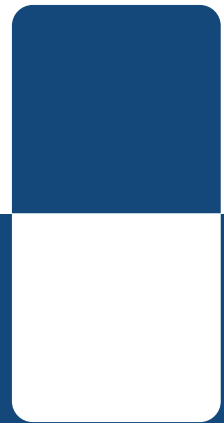


Home energy saving behaviours



Adopting some simple energy saving behaviours can make a big difference to your bank account and the planet. By being more conscious about the energy we use, together we can make great changes to help the environment.

Some like it hot

Hot water accounts for **12%** of a typical household's energy bill. Set your controls to give you enough hot water at the right temperature when you want it. We suggest a minimum temperature of 60 degrees.

Dry your clothes outside

Use a clothesline in the summer months – drying your clothes outside can save an average of **£60** a year.

Wash at 30 degrees

Setting your washing machine to wash at 30 degrees rather than higher temperatures will use around 57% less electricity than washing at higher temperatures. Save **£14** and **11kg of CO2**.

Drop a degree

Turning your central heating thermostat down by 1 degree could save you **£105** and **305kg of CO2** every year. (Based on turning down a room thermostat from 22 degrees to 21 degrees in the main living areas).

Draw the curtains

Drawing the curtains at dusk will help keep draughts out, keeping your home warmer for less.

Avoid standby

Conditions of use

Savings and statistics within this document can be quoted on any public facing communications such as websites, leaflets, social media, or within internal training and reference documents, provided:

- Energy Saving Trust is referenced as the source
- the figures are not used to insinuate any endorsement of a particular product
- the appropriate caveat is used to accompany the statement (see below)

This document is for use by the registered organisation only. It is not to be circulated externally either to customers, third party contractors or partners.

Savings based on a typical three-bedroom semi-detached gas heated house, with an 88% efficient gas boiler and average gas tariff of 7p/kWh and electricity tariff of 29p/kWh. Correct as of January 2024.

A typical household could save up to **£55** a year by switching electrical appliances off at the wall when not in use, rather than leaving them switched on all the time.

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