

- ❑ Avoid drying clothes directly on your radiators as it lowers the room temperature, which means the boiler will need to work harder.
- ❑ Allow cooked food to cool before putting it in the fridge or freezer, otherwise they'll have to work harder to cool down.
- ❑ Avoid blocking radiators with furniture - allowing convection currents to flow around the room means that the hot air will be felt across the room quicker.
- ❑ Dim your smart phone screen and turn off Bluetooth - it will use less energy so you won't need to charge it as frequently.
- ❑ Fill a bottle up with water to store in the fridge rather than running the tap cold every time you want a glass of water.
- ❑ Regularly defrost your freezer - ice building up in the freezer reduces its effectiveness.
- ❑ Leave frozen food out to thaw before trying to cook it as this means less energy is required to cook it.
- ❑ If you use a dryer for clothes, clean the lint filter after every couple of uses to help it run more efficiently.



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Warm Connections

- helping you to keep safe and warm

Ways to Save Energy Tick List

- ❑ Draught proof around your front door (including the letter box) to help block cold air coming into your home.
- ❑ Limit the length of showers - reducing shower time will save energy and reduce your bills (especially if you have a water meter).
- ❑ Install heavy curtains and make sure that you close them at night to prevent heat loss, but keep them open in the day to get heat and light from the sun into your home.
- ❑ Avoid using the dryer for your clothes - hang clothes outside when you can (this can save on ironing too!).
- ❑ Don't position the thermostat near the front door as this could trigger the heating to come on unnecessarily.
- ❑ Charge devices at night if you're on an Economy 7 tariff - the night time tariff tends to be half the price of the day time tariff.

For more information, Contact Sue or Dave

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 www.dialbarnsley.org.uk/keeping-warm

- ❑ Shut windows during the winter - if the heating is on then you're letting all the hot air escape out of the window!
- ❑ If you have a regular boiler, turn down the thermostat on the hot water tank. There is little point producing scalding hot water in the tank if you then add cold water to run the tap or shower to get it to a comfortable temperature.
- ❑ Shower - don't bathe! Baths tend to use a huge amount of hot water compared to a shower.
- ❑ Turn down your thermostat to as low as 19 degrees. As a rule of thumb, for every degree that you turn your thermostat down you will save about £50.
- ❑ Open windows instead of relying on an extractor fan to let out steam from showers or cooking - no electricity used!
- ❑ Set your fridge/freezer to a higher temperature so that they don't need to work so hard.
- ❑ Use microwaves to heat or reheat food rather than the oven - they use only 20% of the energy required to run an oven.
- ❑ If you can access the back of the refrigerator, try to clean the coils once a year to ensure efficiency.
- ❑ Put lids on pots and pans to reduce cooking times.
- ❑ Try to match the size of the burner to the right pot or pan - putting a small pan on a big burner wastes electricity.
- ❑ Fill your freezer up! If the freezer is empty, then all the space will fill up with warm air when the door is opened, meaning that the freezer needs to work hard to cool down again.
- ❑ Turn lights off when you leave the room!
- ❑ Only boil as much water as you need - don't boil a kettle full of water for one cup of tea!
- ❑ Use your washing machine on the lowest temperature setting - most detergents work well at as little as 30 degrees.
- ❑ Make the most of each load of washing by filling the washing machine with the maximum load displayed.
- ❑ Turn everything off at the plug to ensure that no unnecessary electricity is used (even though when things are in standby use less energy, they do still use some!).
- ❑ Don't leave your computer on sleep mode or just close your laptop - turn them off fully when not in use.
- ❑ Fill the sink with hot water before you shave rather than running a tap, as this uses significantly less hot water.
- ❑ Watch less television and choose other hobbies instead, like reading a book or crafting.
- ❑ Avoid opening the fridge or freezer to browse, or the oven to check on food, as appliances will need to get to the right temperature again.