

The energy we use to heat, light and power our homes contributes over a quarter of the UK's carbon emissions, the principle contributor to climate change. Around half the energy used in the home is for heating and hot water, so using your heating system efficiently will not only help the environment, but also save you money!

## Energy efficiency tips for heating and hot water

### 1. Don't set the temperature too high...

By reducing the thermostat setting by just 1°C can reduce your energy use by as much as 10%. And if you're going away for winter, leave the thermostat on the frost protection setting to provide protection from freezing at a minimum cost.

### 2. Use it where you need it...

Set the appropriate temperature on your heaters for the room they are in; for example, leave the thermostat on a heater in a spare bedroom on a lower setting.

### 3. Use it when you need it...

Use heaters fitted with timers or linked to central controllers to turn the heating on only when you need it and automatically switch off when you don't.

### 4. Curtains...

Close your curtains at dusk to stop heat escaping through the windows.

### 5. Windows...

Nearly 25% of heat loss can occur through poorly insulated frames and single glazing. If you can't afford to double glaze all your windows, go for the rooms you heat most.

### 6. Treat your hot water tank...give it a jacket

An insulating jacket for hot water tanks only costs a few pounds and pays for itself within months. Fit one that's at least 75mm (3") thick and you could save £10-£15 a year.

### 7. Water...

Use a shower if you have one to save time, money and water.

Don't set the thermostat too high on your water heater - 60°C/140°F is usually adequate for bathing and washing.

Put the plug in when running hot water in your sink - leaving hot taps running is both wasteful and expensive.

Ensure dripping taps are repaired quickly. In just one day, you could waste enough water to fill a bath.

## Other energy saving tips for around the home

### 1. Lights

Turn off lights whenever you leave a room for more than ten minutes.

Use low-energy bulbs wherever you can as they use less than a quarter of the electricity used by ordinary light bulbs and last ten times longer!

### 2. Cooking

Use right size pan for the food and cooker hob.

Keep saucepan lids on - this enables you to turn down the heat.

Boil water for cooking in a kettle.