



No Cost Energy Savings

- ✓ Turn down the thermostat by 1°C. You won't notice the difference and could save £55 per year. Don't go below 18°C if you are elderly, ill, or have small children.
- ✓ Turn down radiators in rooms you don't use much. Use the thermostatic radiator valve (TRV) on radiators to control individual rooms.
- ✓ Don't overheat hot water. 60°C is right for most homes. If you're on Economy 7 make sure your water is heating up at night.
- ✓ Swap the tub for a shower. But electric showers use a lot of energy, so try taking a shorter shower. 1 minute less saves £17 per year.
- ✓ Wash clothes at 30°C. Washing at lower temperatures will help to reduce the energy used by your washing machine - and it's better for your clothes.
- ✓ Dry clothes outside. Tumble dryers use a lot of energy and drying your clothes outside on a sunny or windy day will freshen them up.



Turn Down



Save Shower Time



Wash clothes at 30°C



Dry clothes outside



Use your dishwasher. Doing a full load every other day is more efficient than doing half-loads, and uses less energy than washing up by hand. If you wash up by hand, use a bowl and not a running tap.



Keep the heat in. Don't cover radiators with furniture or curtains. They absorb the heat and prevent warm air circulation. Tuck curtains behind the radiator and close internal doors at night.



Turn it off. Leaving appliances on standby can cost you £35 per year.



Get a smart meter. A smart meter shows how much energy you are using and which appliances use the most. It also sends meter readings automatically to your supplier, avoiding estimated bills.



Switch your energy supplier. If you have never switched or not switched for a while, you could save around £170.



Be a friend to your freezer. Defrost it regularly and keep it as full as you can.



Keep the lids on saucepans. You'll be able to turn down the gas or electricity, and save money. And use the right size ring for the saucepan you are using.



Cuppa tea? Only fill the kettle with as much as you'll actually use and save £6 per year.



Turn It Off



Get a Smart Meter



Keep the Lids on Saucepans