

SIMPLE CHANGES, SMART SAVINGS

HOME
ENERGY
SCOTLAND

Here are some quick and easy ways you can waste less energy at home, reduce your bills and lower your carbon footprint too:

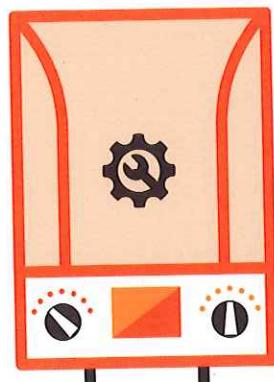
Take control of your heating and hot water

- Using a room thermostat, programmer and thermostatic radiator controls could save you around £80 a year¹.

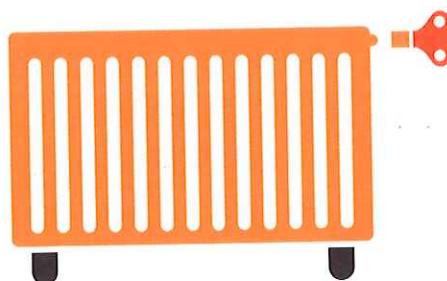
Save
£80
a year



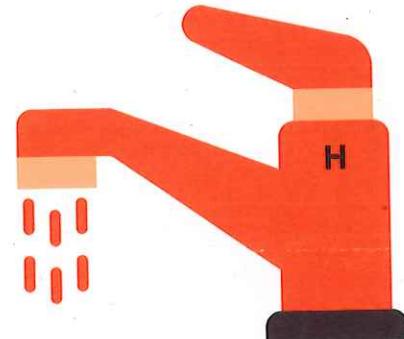
- Use heating controls to heat up a room just before you need it and switch it off earlier to enjoy the residual heat.
- It's better to switch your heating on earlier at the right temperature, rather than increasing the temperature when you switch it on, as this won't warm up the house any quicker.



- Get your boiler serviced in the summer so it's in good working order before winter arrives.



- Bleed your radiators so your heating is working efficiently.
- Use a basin to wash up rather than a running hot water tap.



Keep Warm

- Draw curtains at dusk to keep the heat in.
- Close internal doors to keep the warmth in the rooms you are using most.
- Use draught excluders to stop cold draughts.



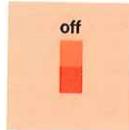
Check bills

- Check you are on the cheapest tariff by using an impartial switching service like citizens advice:
energycompare.citizensadvice.org.uk



Lights off

- Replace a 35W halogen light bulb with an LED light bulb to **save an average of £70** over the bulb's lifetime.
- Turning the lights off when they are not needed could **save around £14** on energy bills³.



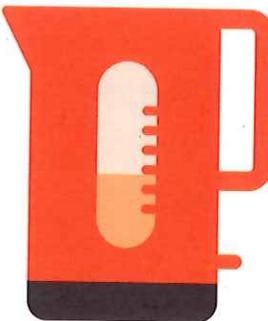
Switch off standby

- You can **save around £30 a year**² just by remembering to turn your appliances off standby mode.
- Get a standby saver which allows you to turn all your appliances off standby in one go.



Kitchen tips

- Don't overfill the kettle – only use as much as you need.



- Fully load the washing machine and wash clothes at 30 degrees.
- Let warm foods cool down before putting them in the fridge.

HERE TO HELP

Home Energy Scotland is funded by the Scottish Government and managed by Energy Saving Trust to provide free, impartial energy advice.

For more energy saving tips and help with heating your home, call Home Energy Scotland on **0808 808 2282** or visit homeenergyscotland.org

 **HomeEnergyScotland**

 **@HomeEnergyScot**



HAPPY TO TRANSLATE

1. A full set of heating controls includes a programmer, thermostatic radiator valves and a room thermostat. This saving assumes no controls before installation, and all new controls are fully used and correctly set.
2. This saving includes all appliances, consumer electronics, lights and chargers that have been left on standby mode or have been left on and not in use.
3. Savings based on average electricity price of 15.753p/kWh.

Correct as of May 2019. This information is available in large print, braille, or other languages on request.
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