

### Energy Saving Tips

- If the home has a hot-water tank or cylinder, it should have at least 8cm (3 inches) of insulation. This will reduce the cost of heating the water and keep it hot for longer
- If there is no thermostat on the hot-water tank it is worth looking into having one fitted. The hot water thermostat should be set at around 63°C (140°F), as this is usually hot enough for most household use
- Only switch the hot water on for the hours when hot water is needed. It is more expensive to leave it on all day. An hour in the morning and an hour in the afternoon/evening is usually enough for most people's needs
- The room thermostat on the central heating should be set at 21°C (70°F) for the living room. Do not waste energy by opening windows - turn down the room thermostat or individual radiator controls instead
- With storage heaters, it is important to close the damper or output dial, (sometimes called the boost) before going to bed or if the house is unoccupied during the day
- Make sure your boiler is serviced regularly. This will help it run more efficiently and ensure that it is in safe working order
- Regularly 'bleeding' your radiators, to get rid of air trapped inside, will keep them warmer
- Small shelves placed about 5cm (2 inches) above radiators help push warm air towards the centre of the room. If the radiators have individual thermostats these can be turned down a little – especially in rooms that are not used all the time
- Installing reflector panels behind radiators can reduce heat being wasted through external walls
- Heavy curtains at the windows will help to keep the heat in and closing them as soon as it starts to go dark also helps. But make sure the curtains are tucked behind any radiators at the windows
- Use low energy light bulbs in rooms where the lights are on for long periods of time. Low energy CFL bulbs use around 75–80% less energy than incandescent bulbs and last for approximately 8,000 hours. LED bulbs are more expensive to buy, but give an instant and brighter light. They use around 90% less energy than incandescent bulbs and can last up to 50,000 hours making them the cheapest option over their lifetime.
- Do not leave appliances on standby but switch them off at the wall instead
- Wait until you have a full load before using your washing machine, or choose the economy or half-load setting if possible. Always choose the shortest cycle that's practical for your needs
- When using an electric oven, turn it off about ten minutes before the end of cooking time – it will continue to cook at the same temperature
- Always choose the correct sized saucepan for the amount of food you are cooking. Cutting food into smaller pieces, choosing the right size of ring or burner on the cooker and putting lids on pots will all help to reduce cooking time and therefore save energy



Suite 4a  
Ingram House  
227 Ingram  
Street  
Glasgow  
G1 1DA

Tel: 0141 226  
3064

Fax: 0141 221  
2788

Email:  
[eas@eas.org.uk](mailto:eas@eas.org.uk)

Website:  
[www.eas.org.uk](http://www.eas.org.uk)

*"Working to  
end fuel  
poverty and  
achieve  
warm, dry  
homes for  
all."*