



# Save Energy Save Money...

and protect the environment

## Why should you save energy?

We all use energy every day at home, at work and when we travel. To generate that energy we burn fossil fuels (coal, oil and gas) that produce greenhouse gasses - in particular carbon dioxide (CO<sub>2</sub>), which are changing our climate and damaging the environment.

The energy we use to heat, light and power our homes produces 27% of the UK's CO<sub>2</sub> emissions. Another 25% of emissions comes from road transport.

The average household in the UK creates six tonnes of CO<sub>2</sub> every year, by saving 20% of the energy you use every day you will cut down your CO<sub>2</sub> and help climate change.

There are some simple steps you can take to make your home more energy efficient saving around two tonnes of CO<sub>2</sub> and up to £250 per year on household bills.



## Choosing your products

Energy saving products use less energy and therefore cost less to run.

The energy saving recommended logo is a quick and easy way to spot the most energy efficient products on the market, so you save money and help the environment.

Products that carry the energy saving recommended logo all meet strict energy efficiency criteria set by the Government. So next time you are upgrading or replacing, look for the logo.

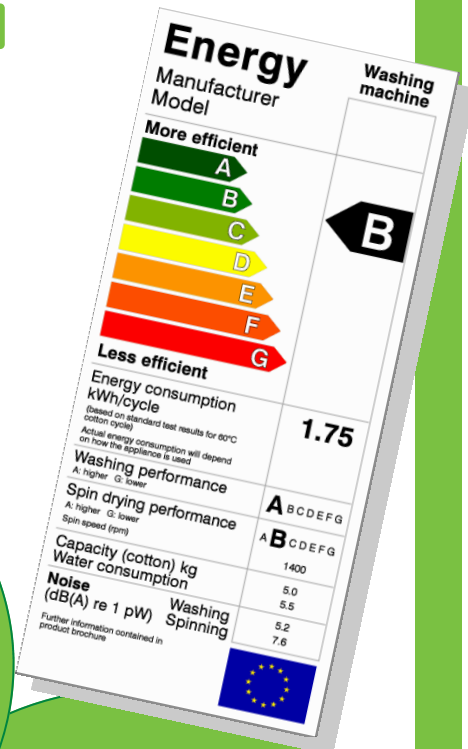
You will find the energy saving recommended logo on a wide range of products including insulation, light bulbs and fittings, boilers, heating controls and household appliances like fridges and washing machines.



# The European Union (EU) Energy Label

The EU energy label rates products from 'A' (the most efficient/least energy used), down to 'G' (the least efficient/most energy used). This is now up to 'A++' for refrigeration.

By law the label must be shown on all refrigeration and laundry appliances, dishwashers, electric ovens and light bulbs. The most effective products also carry the energy saving recommended logo.



## Washing Machines

The average UK washing machine does 274 wash cycles per year. An energy saving recommended washing machine users over 30% less energy than a typical old one saving you £5 per year on your bills.

## Dishwashers

Your dishwasher does around 250 cycles per year. An energy saving recommended dishwasher will use around 40% less energy than a typical older model, saving you up to £13 per year.

## Fridges and Freezers

The fridge-freezer is one of the hardest working appliances in your home. Energy saving recommended fridges and fridge-freezers use over 60% less energy, saving you up to £35 a year.

## Save on your heating & hot water bills

- Turning your room thermostat down by 10°C can save 10% on your fuel bill.
- Only use your heating when you need it, when you go out or during the night turn your heating low or off. Use your time clock if you have one fitted.
- If you have thermostatic radiator valves fitted you can turn these to a lower setting in rooms you are not using e.g. bedrooms during the day.
- Draw curtains at dusk to prevent heat escaping through windows. (Buy curtains with a lining if possible).
- Don't cover radiators with long curtains or furniture.
- Don't dry clothes on radiators as it reduces their effectiveness and also causes condensation.
- A dripping hot water tap wastes energy, make sure you turn them off fully.
- Only fill the bath with as much water as necessary.
- Always put your plug in the sink and wash hand basin as running hot water continuously down the drain is wasting money.
- Try to prevent draughts by using draught excluders or curtains over external doors.
- If you have electric storage heaters turn output thermostat to Number 1 when you go out.
- Do not paint the storage heater panels as this affects the efficiency.
- If you have a fanned warm air system shut outlet grilles in rooms not in use.

# Save on your electricity bills

## Television, Stereos etc...



Don't leave appliances such as TVs and computers on stand-by as electricity is still being used - always turn off when not in use.

## Lighting

Replace your light bulbs with low energy types, each bulb can reduce your lighting cost by up to £78 over the lifetime of the bulb as they last 12 times longer than ordinary light bulbs.

Turn off lights when you leave the room, make use of natural light by opening your curtains and blinds fully.



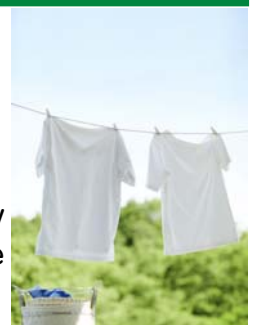
## Fridges

Don't leave the fridge door open for longer than necessary, allow hot food to cool before putting in the fridge, defrost your fridge regularly to ensure it keeps running efficiently.

## Washing Machines

Always wash a full load - if you can't then use the economy setting.

Use the low temperature setting as modern detergents are effective at low temperatures, wring out or spin dry washed clothes before putting in the tumble dryer.



## Dishwashers

Try to use the low temperature programme and only wash on a full load.

## Kettles

Only boil as much water as you need but remember to cover the element.



## Cooking

Use a pressure cooker or a multi steamer rather than separate pans as they cook faster and only need one burner/element. Use ovens only for cooking and never to heat rooms.



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ናይዝ ሕታም ቅዳህ ግዝፍ ብዘበለ ጽሑፍ ብብረይል (ገጻይን ስውራገ)፣ወይ ድግ ናይ ቃል (ብድምጽ) ቅዳሕ ኣገተይልኹም ናብ ሳልክስ ብቐጥታ መስመር ቁጽሪ 0800 218 2000 ደውሉ።

ቋገቋ ትግርኛ፣ ኩርዲኛ፣ ፋርስ፣ ራሽያኛ፣ ሳራኒ፣ ፖሊሽ፣ ጅክኒ ወይ ድግ ካለሉት ቋገቋት ትዛረቡ ኣገተኹን፣ ብሳልክስ ሆምስ ተሓትመ ዝኾነ ሓበሬታ ተወሳኺ መረዳኤት ተደልኩም ብቁሱ 0800 218 2000 ናብ ሳልክስ ሆምስ ደውሉ። ናጽ ዝኾኑ ናይ ኣገግሊዝ ቋገቋ ትምህርቲ ትረኽቡሉ መገዳ ሓበሬታ ምግብውገ ክገሕግዙም ገኽኡል።

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