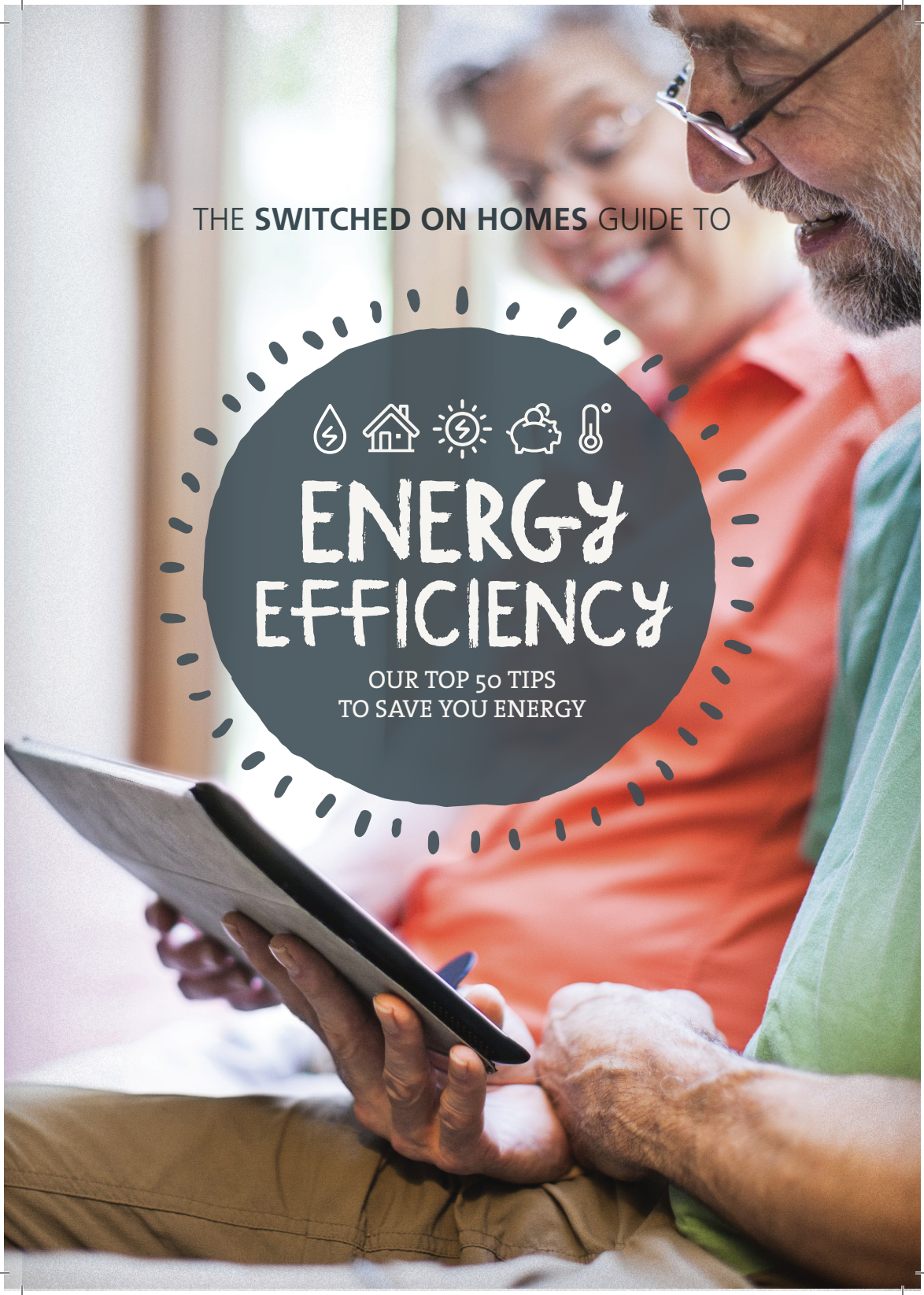
THE SWITCHED ON HOMES GUIDE TO
ENERGY EFFICIENCY
OUR TOP 50 TIPS
TO SAVE YOU ENERGY

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SWITCH YOUR THINKING

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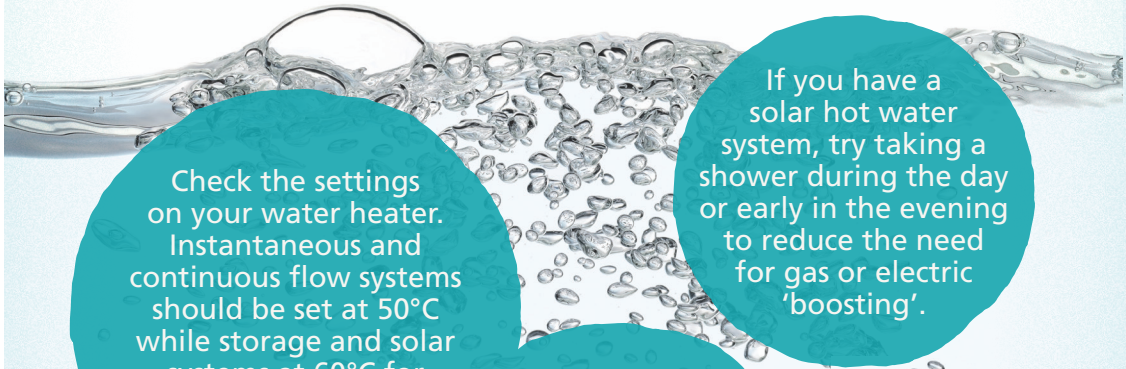
WATER HEATING

Water heating accounts for 22% of the average home's energy use



Check the settings on your water heater. Instantaneous and continuous flow systems should be set at 50°C while storage and solar systems at 60°C for maximum efficiency and safety.

If you have a solar hot water system, try taking a shower during the day or early in the evening to reduce the need for gas or electric 'boosting'.

Heating the water accounts for between 70% - 90% of the total energy used by washing machines. Using cold washes can drastically reduce energy consumption.

Heating water is expensive. Restricting shower times to 4 minutes can save between $41 - $73 per person, based on the water efficiency rating of your showerhead.

If you go on holiday, switching off your hot water system will save energy. When you return you must make sure you heat and store the water over 60°C for at least 35 minutes before use (this make take a few hours).

You can make further energy savings by doing a single load of dishes in the evening and switching your bath for a short 4 minute shower.

HEATING AND COOLING

Heating and cooling accounts for 40% of the average home's energy use

Try having a hot drink, putting on warm socks and using a heat pack before switching on the heater.

As the weather gets cooler, remember to shut your curtains at night. You can lose up to 40% of your home's internal heat through unprotected glass.

Reduce heater use; set timers to reduce running time. Restrict use to when room temperature falls below a set threshold.

Place ceiling fans in reverse in winter to help push warm air (which rises) back down into the living space.

If your heater has a temperature setting, keep it set between 18°C - 20° C. Each °C higher increases energy use between 5% - 10%.

If you need heating overnight try an electric blanket instead of a heater. Don't forget to unplug your electric heater when it's not in use!

If you use an air conditioner with a temperature setting, run it between 25°C - 27°C. Each °C lower increases energy consumption by 5% - 10%.

Ceiling and pedestal fans can cost less than 2 cents per hour to run and are the most energy efficient way to cool your home.

Clean the filters on your airconditioner regularly to help it run more efficiently.

Televisions, computers and gaming consoles can create a lot of excess heat. Reduce the use of these devices and turn them off at the wall, rather than leaving them in standby to save energy and stay cool.

When the weather is warming, set a personal goal to delay the date you switch on your air conditioner and use a fan instead.

Cooling occupied rooms is far more energy efficient than cooling the whole home. Create temperature zones by closing internal doorways, sealing air leaks and fitting skirts to doors. This may reduce your energy bill by up to 25%.

If your air conditioner has adjustable louvres, adjust them towards the ceiling when cooling and towards the floor when heating (as cool air falls and hot air rises).

Open secure windows and use fans at night instead of your airconditioner.

Cooling yourself is more energy efficient than using air conditioning. Try a glass of water of a short four minute shower first.

APPLIANCE USE

Appliances and equipment account for 30% of the average home's energy use

KITCHEN

Avoid using a second fridge if at all possible. Consider replacing with a single larger model. Modern fridges can be up to 50% more energy efficient than a model from 2000.

Dry with a dish rack, not the dishwasher! Use the eco setting on your dishwasher and lightly dry with a tea towel, or allow your dishes to drain naturally.

Avoid overloading your fridge and freezer – leave about 20% free space around your food for air circulation.

Only fill your kettle with cold water, and only the amount you need.

Use your kettle instead of the stove to boil water.

Locate fridges and freezers in cool areas (away from hot garages, sheds or verandas) and out of direct sunlight to reduce their electricity use.

Use a microwave instead of your stove or oven to reheat your food. This will cut energy use and save time.

Check your fridge has a tight door seal. If a piece of paper sandwiched between the seal and the door stays in place your seals are okay.

An induction cook top is between 5-10% more energy efficient than a traditional electric stove and 3 times more efficient than gas.

Use an electric frying pan, pressure cooker, slow cooker or microwave as a more energy efficient alternative to a traditional electric oven.

Turn off your second fridge when you go away. Leaving the second fridge on could cost you between $95 - $150 per year depending on the capacity and star rating of your fridge.

Clean your rangehood or exhaust fan regularly so they run efficiently.

Food safety recommends your fridge is set between 3°C and 5°C. Every degree cooler uses 5% more energy, or an additional estimated $5 per degree per year.

Food safety recommends your freezer is kept between -15°C and -18°C. Every degree cooler uses 5% more energy or $5 per degree per year.

APPLIANCE USE

LIVING ROOM

A large screen TV (used 7 hours a day) can use more energy than a family sized fridge. Try to reduce viewing hours and ensure it is turned off at the wall when not in use.

Newer TVs come with ECO viewing options. Explore your settings and turn off the 'quick start' option and 'movie mode' as they use extra power.

DVD players, VCRs and external hard drives left plugged in can each use $40 of electricity per year. Switch them off at the wall when not in use.

Disconnect chargers from the wall and only plug in when your device needs to be recharged. This saves energy and extends the life of your devices.

Invest in a smart power board to easily turn off hard to reach switches. Power boards with multiple switches allow more control. Unplug extra appliances like DVD players.

Screensavers don't save power! Power down your computer when it isn't in use, and turn off the screen when taking a short break.

If you have more than one TV, use the smaller one for everyday viewing – like the news.

Stop standby power in its tracks – switch off all appliances at the wall and cut your electricity use by up to 5-6%.

APPLIANCE USE

OTHER AREAS IN YOUR HOME

Remove and reduce forgotten power users from your bathroom. Turn off heat lamps, limit hairdryers and unplug any electric toothbrushes.

Switch off your mobile phone and other devices at the wall when they've finished charging.

Depending on its energy rating, a clothes dryer can consume up to $304 worth of electricity per year? If you need to use a clothes dryer, try partially drying them on an indoor maiden or outside washing line first.

If you use a clothes dryer use the medium setting instead of high: it takes a little longer but uses less energy and is less damaging to your clothes.

Although laptops generally consume 80% less power than desktops they can generate a lot of heat. Save energy by turning them off when not in use.

The average desktop computer and associated peripherals (printer/scanner, speakers etc.) can cost more than $200 a year to run. Unplug equipment from the wall to save.

LIGHTING

Lighting accounts for 8% of the average home's energy use

Save energy by manually switching off sensor lights during the day time and installing smart lighting, which can be controlled from your phone. Some smart lights come with advanced features such as timers, dimmers and daily schedules.

Although more expensive up front LED lights can be up to 80% more efficient than alternatives (dependent on type), with significantly lower running costs.

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