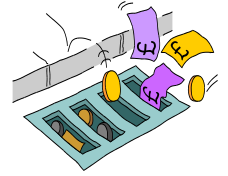


# Waterford Energy Bureau - Energy Efficiency/Renewable Energy

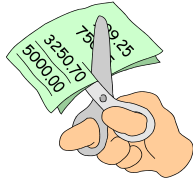
## Fact Sheet No.1

### **NO COST AND LOW COST TIPS: How you can save energy and stop your money going down the drain**



#### **Introduction**

This Factsheet has been designed to show that you don't have to spend a lot of money to make energy savings in your home. It gives tips and ideas for things that can be carried out quite simply and economically, and which will continue saving you energy and money in the future.

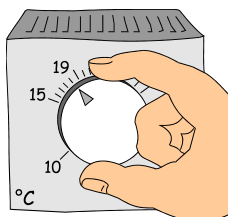


- Don't put furniture in front of radiators and heaters - heat is not cheap and should be used for heating people, not three-piece suits!
- Draw the curtains at dusk. Make sure curtains don't cover radiators (the heat would escape through the window rather than heating the room).
- Don't overheat unused rooms - use only minimal heat. Enough to ensure the fabric of the building is warm enough to prevent condensation problems occurring.
- Put reflective foil behind radiators. The foil will reflect valuable heat back into the room where you need it, rather than heating the wall behind the radiator. This is even more cost effective when the radiator is sited on an uninsulated external wall.
- Consider the possibility of changing fuel suppliers. This won't cut down your energy consumption, but it could save you lots of money on your fuel bills.

<b>Table of Efficiencies of Heating System</b>	
<b>Heating Element</b>	<b>Efficiency of Heating System</b>
Open Fire	30-40%
Open fire with back boiler	40-55%
Oil/Gas heating system	60-75%
Oil/Gas fired condensing boilers	90-95%
Heat Pumps	300-500%
Biomass Boiler	75-95%

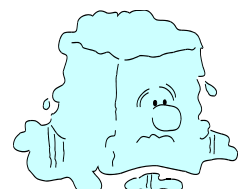
#### **No cost and low cost tips for Heating System Operation**

- Turn down the room thermostat by 1°C and it could save you 10% on your fuel bill. But don't skimp on heat if you are elderly or if your health is at risk.
- Make sure the heating system is not set to come 'ON' too early - setting it to come 'ON' about 30 minutes before you get up would normally be adequate.
- Similarly, the heat left in your heating system at the end of the day can still be used - setting your heating to go 'OFF' about 30 minutes before you go to bed could save you money without affecting your comfort in any way.



#### **No cost and low cost tips for Cooking & Kitchen Operation**

- Only boil what water you need in the kettle (there's no point in boiling water which is going to go cold before you make your next cuppa!)
- Put a lid on saucepans when cooking - you will be able to turn the hotplate down a little, and it will also cut down moisture in the air, which could limit risk of condensation problems.
- Once a saucepan is boiling, you can turn down the heat a little to keep it just boiling (vigorous boiling is no hotter than gentle boiling - food will still cook in the same time, but you will use less gas/electricity in your cooking).
- Don't let frost build up in the freezer compartment as this increases energy consumption. Remember to defrost and clean the

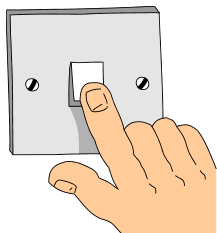


inside of your refrigerator and freezer at least every 6 months and make sure they are positioned in a cool place, not next to the cooker or boiler or where possible not in the path of direct sunlight.

- Replace old fridges/washing machines with A rated appliances when they reach the end of their life cycle. Significant energy cost savings are attainable over the life of the equipment.

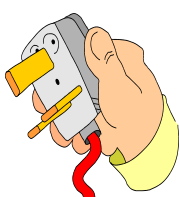
### No cost and low cost tips for Lighting Operation

- Switch off lights in rooms that are not in use. A normal 100-watt bulb uses one unit of electricity every 10 hours! (A unit of electricity is one kilowatt-hour, which is enough to run a one-bar electric fire for an hour).
- Use lower wattage, energy saving light bulbs where feasible - most use only 20% of the energy that ordinary bulbs use.



### No cost and low cost tips for Equipment Operation

- Turn televisions and computers etc. fully to 'OFF' rather than leaving them on 'STANDBY'. A television could use up to €20 a year of electricity just by being left on 'STANDBY'.
- Use low temperature settings where possible on automatic washers and dishwashers. Many models now incorporate low-temperature programs, which can give the same results (possibly with a low-temperature washing powder) but use far less energy.
- Use half-load settings on appliances, which offer them eg. automatic washing machines etc. These are energy saving features built in to appliances for the customer's benefit.



### No cost and low cost tips for Domestic Hot Water Usage

- Set hot water thermostats to 55-60°C maximum. There is no point overheating water to the point where you have to cool it down before you can use it!
- Fit a time clock on the domestic hot water immersion. This results in hot water being supplied as per occupant's requirements.
- Fix dripping hot taps promptly. By leaving a hot tap dripping you could be wasting money

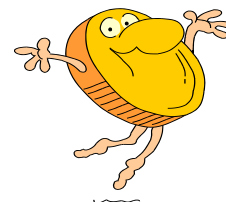
every year, for the sake of a small rubber washer.

- Put plugs in basins and sinks etc. – wasted hot water down the drain can be expensive.
- Use a shower instead of a bath. A shower typically uses only 20% of the hot water that a bath uses, so you could have 5 showers for the price of one bath!
- Install a Lagging Jacket on the domestic hot water cylinder. Resultant payback on installation of lagging jacket 1-2 years. (Lagging Jacket cost € 15).



### Insulation Low Cost Tips

- Make sure your loft hatch fits snugly - don't forget that warm air rises and will find a way out if it can.
- Make sure that the attic insulation is evenly spread throughout the ceiling space.
- Fill in gaps between floors & skirting boards using modern sealants, which will ensure draught free rooms.
- Insulate your building to standards equal or greater than 2011 Building Regulations.
- Block chimneys in unused fire places as a temporary draught proofing measure.



Waterford Energy Bureau is a sub-section of the Waterford City and County Council Environment Department.



**Waterford Energy Bureau**  
**The Mall,**  
**Co. Waterford.**

**Phone No: 0761 10 2429**

**[www.waterfordenergy.ie](http://www.waterfordenergy.ie)**

**[info@waterfordenergy.ie](mailto:info@waterfordenergy.ie)**

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