

tec the Environment Centre (tec)

Top Tips for Cheaper Bills

Keep the heat in

- ✓ **Insulate your walls** – this is where most of your heat escapes, so whether you have cavity walls or solid walls, find out how to get them insulated.
- ✓ **Insulate your loft** – 270mm of insulation is recommended.
- ✓ **Draught proofing** - sealing gaps around doors, windows, loft hatches and letter boxes keeps warm air in and cold air out.
- ✓ **Use your curtains** - thick, lined curtains that are closed at dusk and tucked behind radiators do an excellent job of keeping the heat in.
- ✓ **Insulate your hot water tank** and pipes.



Upgrade your heating

- ✓ Modern **condensing boilers** use 30% less fuel than traditional boilers.
- ✓ **Upgrade storage heaters** to modern fan-assisted models with better controls.
- ✓ **Maintain your central heating system;** bleed radiators regularly, and fit an inhibitor to prevent sludge and scale.

Take control

- ✓ **Set your room thermostat** – turn it down by 1°C to save £££s.
- ✓ **Programme your heating and hot water** to come on and off exactly when you need it.
- ✓ **Set your hot water thermostat** to 60°C; higher temperatures waste energy.
- ✓ **Use thermostatic radiator valves** to control the heat in every room.

Tackle the electricity guzzlers

Find the biggest culprits first to see how you can save:

- ⌚ **Tumble driers** – can you dry clothes outside instead?
- ⌚ **Electric showers** – set a time limit!
- ⌚ **Electric immersion heaters** usually don't need to be on for more than an hour, sometimes even less. Try experimenting with times...and make sure your cylinder is well wrapped up.
- ⌚ **Washing machines and dishwashers** – do you always wait until you have a full load? Have you tried washing your clothes at 30°C?



All the little things add up...

- ✓ **Fit energy saving light bulbs**, and turn them off if there's no one in the room!
- ✓ **Stand-by wastes money!** Turn off TVs, chargers, monitors and routers when you don't need them.
- ✓ **Don't overfill** your kettle.

Call 0800 804 8601 for free, independent and local advice