

## HOW TO SAVE ENERGY BY CHANGING YOUR BEHAVIOUR

Purchasing energy efficient appliances like washing machines can certainly decrease your energy use, but did you know there are a number of behaviours you can modify to help save energy too?

### Food Preparation

- Thaw food before cooking instead of using the microwave.
- Use minimum water and keep lids on pots.
- Simmer instead of boiling water.
- Match the pot size to the hotplate/burner size.
- Turn the oven off 10 minutes before cooking is finished and use residual heat to finish cooking.
- When using aluminium foil apply the dull side up.
- Turn your microwave, oven and stovetop off at the power point when not in use to avoid using standby power.
- Only boil as much water as needed when using the kettle.

### Food Storage

- Set the refrigerator and freezer at optimum temperatures. Optimum refrigerator temperature is 3° to 5° Celsius. Optimum freezer temperature is -15° to -18° Celsius.
- Minimise the number of times the refrigerator and freezer doors are opened.
- Regularly clean and defrost the icebox or freezer.
- Provide good ventilation to the refrigeration cabinet.
- Don't overfill the fridge.

### Cleaning

- Turn off standby power to dishwasher, washing machine and clothes dryer.
- Stop the dishwasher before the drying cycle and allow dishes to air dry.
- Only run the dishwasher when it is full.
- Wash clothes in cold water.
- Use a clothesline for drying instead of using a clothes dryer
- If using a clothes dryer, place a drying rack in front of the dryer to avoid multiple loads.
- Reduce showering time

### Lighting

- Turn off lights when the room is not in use.
- Only use lights when necessary.

### Climate Control

- When using heating/cooling appliances, increase the temperature in summer and reduce it in winter. Every degree will saving you approximately 10% of your heating and cooling running costs.
- Only operate heating, cooling and ventilation when required.
- Use economy cycle with air conditioners if possible
- Use zoning and keep doors closed when operating heating and cooling appliances
- Regularly maintain heating and cooling appliances
- Use ceiling fans instead of air conditioning where possible

## **Pool and Spa**

- Reduce pump filtration run time to match seasonal requirement. E.g. summer 6-8 hours, winter 2-3 hours.
- Reduce temperature for heated pools.
- Use pool covers and blankets
- Regularly clean the filter and skimmer

## **Entertainment**

- Turn off TV, DVD players, games and consoles and other entertainment appliances at the power point to avoid using standby power.
- Only operate the TV, DVD players, games and consoles and other entertainment appliances when someone is using it.
- Enable power management on all computers to allow hibernation when not in use.
- Turn off computers and peripheral devices when not in use.

This information is brought to you by Master Electricians Australia – [www.masterelectricians.com.au](http://www.masterelectricians.com.au)

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