Energy Saving Tips

Content Sourced from Energy Australia

Making a few small changes to the way you use energy could make a difference to your next energy bill.

1. The family room

Switch appliances off at the wall: TVs, DVD players, computers, stereos and game consoles still use energy in standby mode. When not in use, switch these appliances off at the wall.

Use a power board: A power board can supply electricity to multiple appliances at the same time and allows you to switch off all appliances using the same switch.

Use lamps or spotlights: If you only need a small amount of light, use lamps or spotlights instead of main lights.

Use energy-saving globes: Change your old light globes to compact fluorescent ones.
How many lights are on?: Turn off lights in the rooms you’re not using.

2. The kitchen

Microwave oven: Thaw food in the fridge first to reduce cooking time. Microwaves use less energy than an oven. When using an oven, avoid continuously opening the door.

Using the stove top: Keep lids on pots when cooking to reduce the amount of time and energy used. Dinner will be cooked faster too.

Boiling water: Use an electric kettle rather than the stove.

Dishwasher: Use the economy cycle for everyday washing and only run the dishwasher when it’s full. This helps save water too.

Fridge and freezer: Set your fridge temperature to 4-5 degrees and your freezer temperature between -15 and -18 degrees celsius. Keep fridges and freezers in a cool, well-ventilated spot away from the oven and the sun to save electricity. Keep a five-centimetre gap around your fridge so air can circulate freely.

3. The laundry

Washing clothes: Only run the washing machine or dryer on full load. Use cold water to wash clothes and spin them thoroughly before drying.

Drying clothes: Use a clothesline instead of a dryer wherever possible. Only use a dryer with a full load and when clothes are wrung well first. Clothes should never be placed in the dryer dripping wet. Keep the lint filter clean.

4. The bathroom

Use water wisely: Set the hot water temperature to 50 degrees Celsius. Installing water-saving shower heads in your home will reduce the amount of hot water and energy used. Shorten showers to less than five minutes.

Switch off appliances: Switch off appliances such as hairdryers, electric toothbrushes and radios at the wall.

5. Outside

Use timers and sensors: Use programmable timers and sensors to light outside areas.

Use solar power: Consider using outdoor solar lights for your garden or outdoor areas.

Separate your lighting: Separate the lights so you can choose which areas to light.
6. Cooling and heating

**Reduce your need for cooling and heating devices:** Close the doors to unused rooms to reduce the area you need to cool or heat. Keep curtains and outside window shades closed to reduce the amount of energy needed to maintain a consistent temperature inside. Rather than heat your bedroom, add another blanket to your bed or use an electric blanket, wheat bag or hot water bottle.

**Look after your cooling and heating systems:** Clean your air conditioner or cooler so it doesn't use as much energy to run. Turn off your cooling or heating overnight and when you're not home.