

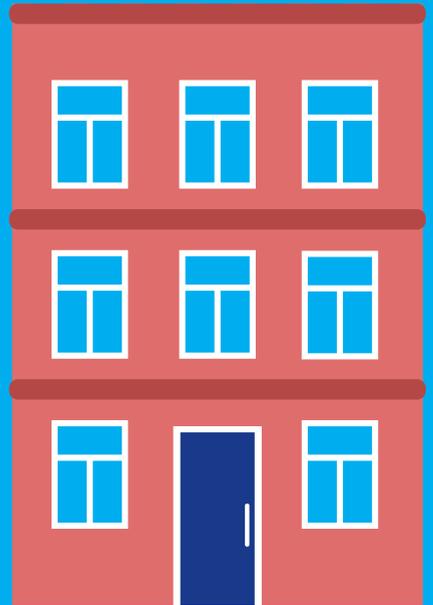
# Think Energy

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## Energy Saving Handbook

Simple tips to help  
DLR tenants save energy  
and money

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# About this handbook

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Dún Laoghaire-Rathdown(DLR) County Council and the Dublin Energy Agency Codema have produced this handbook for you as a DLR tenant.

This handbook has a range of simple tips to help make your home more comfortable and cosy, while also saving you money on your energy bills. Most of the tips in this handbook are free.

Our tips cover areas such as more efficient ways to heat your home, use electrical appliances, heat your water, save on lighting costs, and save on cooking costs.

You can find more tips and information on saving energy in your home in Codema's Guide to Home Energy Savings, which you can download from [www.codema.ie/thinkenergy](http://www.codema.ie/thinkenergy)

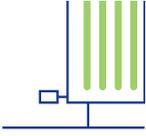


If you'd like to get a better understanding of how much energy you use in your home, you can borrow a Home Energy Saving Kit from all dlr libraries. The kit has five practical tools and six exercises to help you find ways to reduce your energy use.

For more information visit:  
[www.codema.ie/energysavingkit](http://www.codema.ie/energysavingkit).

# Heat your house for less

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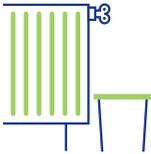
**Turn your radiators down or off** in rooms that you don't use.

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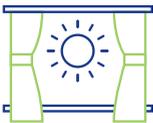
**Close doors** to unused rooms so you only heat the smallest possible area.

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**Regularly bleed your radiators** using a radiator key if your home runs on a wet central heating system. Trapped air can cause your radiators to run inefficiently and this costs you money.

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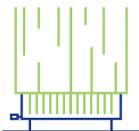
**Make use of the sun during the winter** by opening up curtains, blinds and external shades.

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**Avoid putting furniture in front of radiators**, as this blocks heat from radiating into the rest of the room.

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**Prevent curtains from hanging over radiators** as this channels heat towards the window.

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# Use electrical appliances better

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**Run your dishwasher on low temperature** and ensure it is always full before turning it on. If you can, turn it off before the drying cycle and let the dishes air dry instead.

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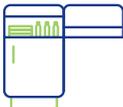
**Run your washing machine on a cooler cycle** and only with full loads to ensure fewer washes overall to reduce water and energy use.

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**Put washing out to dry** and avoid the use of a dryer as they can be very expensive to run.

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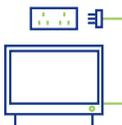
**Keep your freezer full** as it will consume less energy. You could fill it with water bottles or newspaper to achieve this.

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**Defrost your fridge and freezer** at least every 6 months to ensure it runs efficiently. There should be less than 5mm of frost build up.

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**Turn off all appliances at night** or when not in use, as they can use a lot of energy on standby mode (like TV, computer).

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**Boil only as much water as you need** in the kettle when making coffee or tea. Consider an eco-kettle, which will help you only boil as much water as you need.



**Look for the most energy efficient appliances possible** (A+ rating) when buying new ones (for example cookers, ovens, washing machines, dryers, TVs)

## Lighting

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**Make the most of daylight.** Hold off switching on lights in the evening until necessary.



**Turn off the lights** after leaving a room and where you don't need them.



**Clean your windows regularly** to take advantage of maximum sunlight.



**Use LED lights to replace old inefficient lights.** Start with the living room or kitchen where you use most energy throughout the day.

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# Heat your water for less

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**Adjust the temperature of your water heating.** Your water temperature should be set to around 65°C on your boiler and/or immersion system. This saves energy being wasted by overheating water.

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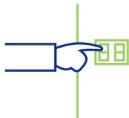
**Avoid power showers** as they use 125 litres of water in less than 5 minutes. A regular shower only uses 35 litres.

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**Use a shower timer** to reduce the amount of water you have to heat for your daily shower. Try to aim for 5 minutes!

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Remember to **turn off your immersion** when you have heated enough water

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# Cooking

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**Don't open your oven door too often** when cooking, as you can lose 20% of the total heat.

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**Cook meals together.** Aim to cook everything at once (like apple tart and lasagne).

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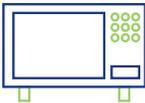
**Use lids on pots and pans while cooking.** This will speed up cooking time and save energy.

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**Boil the water in your kettle** before using it for cooking. This will speed up cooking time.

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**Use a microwave for smaller meal amounts** instead of using your oven or stove.

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# Manage your bills

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If you find increasing and decreasing energy bills hard to manage, **request monthly energy bills from your supplier.** These will be based on your actual energy use from the previous year and averaged out, so that you will pay the same amount each month. The monthly amount you pay will be reviewed every year to reflect what you use.

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# Think Energy

Plain  
English  
Approved by NALA



[www.codema.ie/thinkenergy](http://www.codema.ie/thinkenergy)

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