

The 50 best tips to save energy

The more of the following energy saving tips you put into practice, the more energy – and cash – you can save. Start today.

1. Lowering the temperature by 1°C saves six per cent of the energy used for heating. Consider putting on a pullover before turning up the heating.
2. You can lower the temperature by 5°C at night. This can be done two hours before going to bed.
3. During the day some rooms can be cooler. Keep the doors to them shut. Make sure the temperature is not too low for too long; otherwise the rooms might get humid.
4. Every room should have its own temperature: The bedroom 16°C, the living-room, the kitchen and the children's room between 18°C and 21°C. The bathroom just has to be warm in the morning and in the evening.
5. Ventilate in the right way: Open all the windows a couple of times every day for a few minutes. In this way you will have fresh air but the walls and the floor will not become cold.
6. Do not block the radiators with furniture and do not hang curtains in front of your radiators so that the thermostat can measure the room temperature correctly.
7. Leaking windows and doors can cause a great loss of heat. With a burning candle you can find holes.
8. With self-adhesive sealing tapes you can insulate windows and also gaps under doors.
9. You can put something under doors to prevent the heat from escaping. (There are special stuffed toy animals for this.) This helps in places where a draught increases heating costs needlessly.
10. Shutters also hold the warmth. Close them when it is dark.
11. Decide which rooms to heat: With electronic heating regulators you can control the temperature in each room. You can heat them at night, but also during the day when you are gone if necessary. These regulators can be put in easily.
12. Take a bath instead of a shower (which increases the energy consumption). The hot water of a bath is the same you would need for three showers. A bath costs approximately 83 Cent (electricity and water), a shower only 40 Cent.
13. With mixed batteries or with thermostat batteries, which help to choose the temperature, you can use warm water more economically.
14. Use an energy-saving shower head, which reduces the hot water and energy consumption by approximately 50 per cent.
15. Do not let hot water run unnecessarily, for example while brushing your teeth. And teach your children to do the same while they are still young.
16. If you have your own thermal spring, turn the warm water off before you go on holiday.
17. In the summer it is very cheap to heat water with solar-energy. There is not enough sun energy in the winter. The installation of a solar-thermal spring is sponsored by the change-over-programme till December 31st 2009.

18. Do not rinse your plates under hot water. It is sufficient to remove left-overs from the plates before putting them in the dishwasher.
19. Just turn your dishwasher on when it is completely full. It is enough if you wash your dishes in the energy-saving cycle of 55°C. In this way you save 25 per cent electricity because you use a lower temperature.
20. Take a look at the energy-label when you buy a dishwasher. Dishwashers of efficiency-class A use less water and energy than others.
21. Do not use water that is too cold or too hot when washing or having a shower. This is how to save 20 per cent energy: An electronically controlled water heater provides water of the temperature you need. And you save water because you get the desired temperature a lot faster.
22. Leave the lid on top of the pot while cooking. Without the lid the heat escapes and you waste energy.
23. In order to stew vegetables it is sufficient to use a little quantity of water. In this way you can save energy and vitamins.
24. Cool off your meals before you put them into a fridge or freezer. In this way you can reduce freezing and save energy in a clever way.
25. Do not place your fridge or freezer near an oven, a radiator or in the sun. They would need much more energy to keep the temperature.
26. An energy-saving bulb uses 80 per cent less energy - if you use a 20 Watt energy-saving bulb, you can save at least 70 Euros in comparison to a normal light bulb. Furthermore you can reduce CO₂ emissions by 288 kg.
27. Do not choose a temperature in your fridge that is too low, 7°C is sufficient to keep your food fresh; in the freezing compartment it should not be lower than 18°C.
28. Is your fridge really closed? If it is not, a lot of energy will be wasted. To test this, just put a torch into the fridge when it is dark outside and check if you can still see the light.
29. Fissures in the sealing of fridges lead to a higher power consumption. You receive spare sealing through specialized companies.
30. Where it makes sense, you should replace a defect bulb by an energy-saving bulb. They are also available now in orange and terracotta.
31. Fluorescent lamps (the big version of the energy-saving bulb) have the biggest energy-saving potential. They can shine permanently and are therefore recommended for areas where people work for a long time.
32. Place the lights in a big room in a way that all the parts of the room have light independently from one another.
33. Halogen lights are no energy-saving bulbs and they only light up one point. If their transformer is not turned off, it uses energy the whole time.
34. The best tip for the washing: reduce the temperature. You can find a programme in the internet that calculates how much your washing will cost.
(www.haushaltstechnik.uni-bonn.de/waschtag)

35. Wash clothes that are only slightly dirty with a low temperature and without prewashing.
36. Fill up your washing machine as full as you can unless you are washing clothes out of wool. Turn on the energy-saving programme if your washing machine has one.
37. Remove stains immediately. If your clothes have deep stains, rub in soap or soak them in hot water
38. Halogen lights use a lot of energy, because they radiate a lot of warmth even if they are turned off.
39. Paint your walls bright, that saves your light.
40. By using an electricity metre you can find out the usage of every device that is powered through a socket. You can borrow one from Stadtwerke Ahlen for free.
41. Spin your laundry well before drying. If you spin with 1,200 instead of 800 rotations, the dryer uses one third less energy.
42. It is advisable to avoid drying for a long time. That is bad for your laundry and costs unnecessary energy.
43. If you want to iron right after drying, you need to dry your laundry only a short time in the dryer.
44. Right after using the dryer remove the fluff from the filter and empty the condensation if it is necessary.
45. The best way to avoid wasting energy while your television or your computer are in the stand-by modus: Buy a multiple socket with a button. It guarantees that "off" means "off". With a "powersafer" you can use the remote control although your television is turned off.
46. Use the energy-saving function of the computer and its periphery. Check if the automatic power management is active
47. Your printer and scanner should only be on if you need them. Often they use electricity without being used.
48. Your screen-safer should be as dark as possible to use less energy. Make sure that the stand-by modus is activated.
49. Plasma televisions produce their brilliant pictures using a lot of energy.
50. Do not leave the recharger of your mobile phone in the socket if you do not use it. It needs too much energy.

Translation: English Advanced Course 2008-2010 (Fritz-Winter-Gesamtschule, Ahlen)