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“HOME SAVE HOME” TIPS TO SAVE ENERGY

A few steps that you can follow with no sweat. It is not like going to the gym and burning those calories and getting no results. These sections provide you with no-cost and low-cost options and tips to increase your energy awareness and help you to reduce your monthly electricity bill.

1. NO-COST WAYS OF SAVING MONEY AND ENERGY

- Turn off everything not in use: lights, TVs, computers, etc.
- During hot months, keep curtains closed on the north, east, and west windows. In winter, let the sun in and at sunset you can close the curtains to keep that nice warmth in your house.
- Activate "sleep" features on computers and office equipment that power down when not in use for a while.
- Turn off equipment during longer periods of non-use to cut energy costs and improve longevity.
- When cooking, keep the lids on pots. Better yet, use a microwave oven instead.
- Dress appropriately for the weather.
- Use an extra blanket on the bed during winter time.
- In summer, use fans whenever possible instead of air conditioners, and ventilate at night this way when practical. Fans cost less to use than air conditioners.
- Check the furnace or air conditioner filter each month, and clean or replace it as needed. Dirty filters block air flow through your heating and cooling systems, increasing your energy bill and shortening the equipment's life.
- About 15 percent of an average home energy bill goes to heating water. To save hot water, take five-minute showers instead of baths. Do only full loads when using the clothes washer or dishwasher. Use cold water for laundry and save costs.
- Only heat or cool the rooms you need—close vents and doors of unused rooms.



Only heat or cool the rooms you need - close vents and doors of unused rooms.

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LOW COST WAYS OF SAVING MONEY AND ENERGY

1. YOUR HOUSE

Every household in South Africa can save electricity and money through the wise use of energy in their homes.

Geysers

Water heating is the third largest energy expense in your home. It typically accounts for about 15% of your utility bill. There are four ways to cut your water heating bills: use less hot water, turn down the thermostat on your water heater, insulate your water heater, or buy a new, more efficient water heater. Therefore please consider the following:



- Take showers instead of baths. Bathing uses the most hot water in the average household.
- Set thermostat of electrical geysers at 55 – 60 degrees C. Make sure the geyser and all hot water steel pipes in the roof are well insulated with fibreglass or even newspaper.
- Solar heating units could reduce the geyser's electricity consumption by 40% to 50%. This would result in a saving of about 200kWh to 250kWh of electricity per month, depending on the number of geysers and the size of the family.

Lights

- Switch lights off when they are not needed.
- Use fewer bulbs with higher wattages. For instance, one 100 watt bulb produces the same light as two 60 watt bulbs.
- Dimming switches reduce electricity consumption.
- Use compact fluorescent lamps [CFL](#) instead of ordinary bulbs.
- Use [low-energy](#) lamps for exterior lighting.

Heating

- Use the correct heaters. Infrared electricity heaters are more efficient. An oil filled heater is the safest type of heater.

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- Insulate the ceiling and seal air gaps in the home.
- Ensure that heaters have thermostats.
- Use electric blankets but turn them off when in bed.

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2. YOUR KITCHEN

1. Electric stove:

- Use a pressure cooker when preparing foods that take a long time to cook,
- Keep oven doors closed until food is cooked
- A microwave oven is cheaper to operate than a stove.
- Do not cook food longer than necessary.
- When boiling water, turn the heat down as low as possible so that the water just boils. Do not cook food with the controls set higher than necessary.
- It is more efficient to boil water using a kettle than using a stove.
- Clean stove plate reflectors.
- Make sure that pots and pans completely cover the stove plates. Small pots should be heated on the stove's small plates to avoid unnecessary heat loss.



2. Microwave ovens:

- Use a microwave oven to cook small to medium quantities of food
- To cook larger portions of meat, it is better to use a conventional oven;
- Compare cooking times (keep pressure cooker in mind)

3. Kettle:

- Don't fill the kettle to capacity. Boil enough according to your needs.
- Store boiled water in thermo flasks when hot water is frequently used. Therefore you don't need to reheat the kettle water again.

4. Refrigerator:

- Don't open the door unnecessarily,
- Make sure the seal is intact,



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- Turn off empty refrigerator when going on holiday,
- Let hot food cool down before placing them in the refrigerator,
- Defrost your refrigerator regularly,
- Store foods apart on refrigerator shelves, it allows for quicker cooling of the foods.
- Position your refrigerator away from a heat source such as an oven, a dishwasher, or direct sunlight from a window.
- Leave a space between the wall or cabinets and the refrigerator or freezer to allow air to circulate around the condenser coils.
- Keep the coils clean.
- Make sure the door seals are airtight.
- Keep your refrigerator between 2 and 4 degrees Celsius and your freezer at -18 degrees Celsius.
- Minimize the amount of time the refrigerator door is open.

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3. YOUR LAUNDRY

1. Automatic washing machine:

- a front loading washing machine uses less water and costs less to operate,
- use the cold water setting to cut down on energy needed to heat the water,
- make sure your load is full before washing



2. Tumble dryers:

- Those with an electronic humidity control are the most efficient. They automatically shut off the drying cycle when clothes are dry,
- Compact dryers are economical.
- Use correct temperature settings to minimise the amount of electricity used,
- Remove water before putting clothes into the tumble dryer,
- Rather use sunny days for drying clothes outside

3. Ironing:

- Use a thermostat controlled iron.
- switch the iron off once it has reached the correct temperature and complete the ironing on stored energy,
- Use distilled water in steam irons,
- Turn the iron off when you are not using it,
- By removing clothing promptly from the dryer and folding them carefully, many items will require no ironing,
- Iron low temperature fabrics first to reduce warm-up time



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4. DURING THE WINTER...

With winter temperatures falling and heating systems running for longer periods of time, it's the ideal time to take control of your electric bills.

- Keep your thermostat at the lowest comfortable setting. If you have a heat pump, adjust your thermostat in small increments to avoid the operation of the supplemental heat strip in your system. Energy consumption is much higher when the heat strip is in use. A steady setting on your heat pump thermostat produces constant comfort and minimizes the use of the less efficient resistance heat strip.
- Install the heating thermostat on an inside wall and away from windows and doors.
- Clean or replace filters every month. Dirty filters can increase operating costs by 20 percent.
- By setting your thermostat back 10 degrees at night (8-10 hours); you'll save 10 percent to 20 percent in heating costs. The lowered thermostat setting saves energy by reducing the length of time the heating system operates throughout the night.
- Use ceiling fans in winter to distribute heat around a room.
- Close your fireplace damper when not in use. Consider glass doors to help prevent heat loss when your heating system is on.
- Use insulated or heavy curtains on windows facing the north side of the house. Keep curtains and shades closed at night or on cloudy days.

When entertaining, lower the thermostat a degree or two before the guests arrive. That way, you won't overheat

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5. DURING THE SUMMER...

With temperatures rising and cooling systems running for longer periods of time, it's the ideal time to take control of your electric bills.

- Set your thermostat on the highest comfortable setting. If you're leaving for the day, turn it up a couple of degrees. Do not turn your cooling system off unless you'll be gone for an extended period of time.
- Clean or change your filters monthly. Dirty filters can increase operating costs by 20 percent. Don't block registers and return vents with furniture or drapes.
- Use a ceiling fan or portable fan to supplement your air conditioning. A fan can make you feel three to four degrees cooler (and only costs a half-cent per hour to operate) so you can set your thermostat a few degrees higher and save on cooling costs. Use in occupied rooms since fans cool people, not rooms. As a safety precaution, turn off ceiling fans when you leave your home.
- For central air conditioning systems, keep the fan switch on your thermostat in the "auto" position when cooling. This gives you better cooling and humidity control.
- Close blinds, drapes and shades during the hottest part of the day. This keeps the sun's rays from heating the inside of your house.
- If you suspect your air conditioning system is not cooling properly, have it checked promptly. A unit that is having operational problems can cause extremely high bills.
- If your air conditioning equipment is older and less efficient, compensate by being extra careful about temperature settings, hours of operation and filter condition.
- Use your microwave or countertop appliances for cooking instead of the oven or stove.
- Make sure your home is properly insulated. In existing homes, wall insulation may be too expensive to install, so concentrate on attic, ceiling and floor insulation.