

Be winter ready with our simple energy saving tips

Here are some simple tips to help you keep in the heat and reduce your energy use this winter. You may have heard them before, but they really are tried and tested ways to save energy, keep warm and save money:

1. Turn your heating down by a few degrees

You may not even notice the difference - if not try turning it down even further. Every one degree above 19C costs around 10% extra. On average turning down your room thermostat by just one degree could save around **£65** per year.

2. Close the curtains at dusk in all rooms

Make sure that all curtains are closed by dusk, and not just the rooms you are using. This will prevent heat from escaping through windows as the temperature dips towards night time.

3. Don't leave windows and doors open unnecessarily

Sounds obvious, but how often has a window been left open and forgotten? Shut outside doors properly to reduce draughts, also shut doors to unheated or cooler areas of the house. Invest in some draft excluders for doors.

4. Keep furniture away from radiators

If possible leave radiators clear to improve air circulation. Don't hang towels and clothes over radiators and make sure the area under radiators is completely clear.

5. Use hot water wisely

Don't run the cold tap at the same time as the hot. Hot water usually takes a short time to get to temperature, so reduces the need to add in more cold water. Use the shower or only fill the bath with as much water as you need, but beware of power showers which can use a lot of water.

6. Switch off and save

Switch off lights and appliances when you don't need them. Don't use the standby function - nearly all electrical and electronic appliances can be safely turned off at the plug without upsetting their systems. Check the instructions on any appliances you are not sure about. A typical household can save between **£50 and £90** per year by not using standby.

7. Switch off and save in the kitchen

You can save over **£55** a year just by being careful how you use your kitchen appliances.

The following tips can help you achieve this saving:

- Set your washing machine to wash at 30°C.
- Using a bowl to wash up rather than leaving the hot tap running.
- Don't fill your kettle right up every time – just boil the amount of water you need.

8. Lighten your load

Have you changed all your light bulbs for low-energy ones? Bulbs now come in a variety of shapes, sizes, fittings and prices. If the average household replaced all their light bulbs it would save around **£60** a year.

By following these tips you could save over **£250 per year**. All cost savings provided by the Energy Saving Trust.