

Tips for using lighting and appliances effectively from the Energy Saving Trust (EST)

1. Televisions

- If currently using a separate set-top box, or digital recorder, put the television on a different socket so that it can be turned off at the mains without disrupting any series link recordings.
- If going on holiday, switch off the television and set-top box at the plug.
- If thinking about buying a new TV, look for the Energy Saving Recommended logo.
- Remember that the energy consumption of a TV is strongly linked to the screen-size. If thinking about buying a new TV think carefully about how big a screen is actually need. Smaller TVs are generally cheaper to run.
- If using the television to access digital radio, it is more energy efficient to opt for a blank screen. Better still, get a digital radio instead.
- Get into the habit of turning off the television at the socket or on the set, and not leaving it on standby. Mains controllers which do this by remote control are available.
- Make sure the brightness setting on the TV is suitable for the room. The brighter the TV is set, the more energy it uses. The factory settings on TVs are often too bright for home use.



2. Computing, games, and phones

- If thinking about buying a new computer, a new laptop typically uses around 85% less energy than a new desktop computer and takes up less room too.
- Do not leave the mobile phone on charge all night – it only needs a couple of hours.
- Make sure items that are not in use are unplugged or switched off at the wall.



3. Lighting

- Only turn on the lights when they are needed.
- Make sure all the lights are turned off when going to bed or use a low wattage energy saving night light if a light needs to be left on.
- Change ageing light bulbs for energy saving light bulbs; on average, this could save around £3 a year for each bulb used.
- Most types of light bulb will last longer if they are not switched on and off repeatedly throughout the day. But money will not be saved by leaving any type of light on for a few minutes just to try and make it last longer. Turn it off when it is not needed and turn it back on again when it is.
- Light emitting diodes (LEDs) – even more efficient, and the ideal replacement for halogen down-lighters in kitchens and bathrooms. Although more expensive than standard low energy light bulbs, they save even more money in the long term.



4. Washing and drying clothes

- If possible, save on energy bills by line-drying clothes whenever possible, even on dry winter days, rather than using the tumble dryer.
- Spinning clothes on the washing machine's highest spin cycle will remove as much water as possible, so they will dry more quickly on the line or in the tumble dryer. • Do not dry for longer than needed – it wastes energy.
- Washing clothes at 30 degrees rather than at higher temperatures uses around 40% less energy. Modern washing powders and detergents work just as effectively at lower temperatures.
- Wait until there is a full load before putting on a wash – two half-loads use more energy than a single full load.
- If possible, make sure that the machine is turned off at the socket when not in use. If any lights are on, then the machine will still be using electricity.
- Plan ironing so it is not necessary to keep changing the temperature. Start with the clothes needing a cooler setting. Finish with those that need a hot setting.



5. Fridges and freezers

- Make sure air can circulate around the back of the fridge and freezer.
- Try not to put the fridge or freezer next to a heat source such as a cooker or radiator, or in direct sunlight.
- Make sure the fridge and freezer are set to the right temperature, not too cold and not too warm. This ensures food is kept effectively and ensures energy is not being used to keep the appliance running at too low a temperature.
- Do not keep the fridge or freezer door open for longer than necessary.
- Do not put hot food in the fridge or freezer. Let it cool first.
- Defrost the fridge or freezer regularly.



6. Standby

- Always remember to switch appliances off standby when finished using them.

