Energy Efficiency Information on Interactive Home Guide

Location	Technology	Advice
Kitchen	Washing machine	When Using o Washing a full load is more energy efficient. o Use the half load cycle for less than full loads o Wash at 40 deg or lower whenever possible o Reducing the wash temperature of a full load from 60^{o}C to 40^{o}C can save up to 110kWh per year = €18.16 = 68.75 kgs CO_2 . This is about the same CO_2 saved if you reduced your car usage by 443 km in a small family car. When Buying o Choose an AAA-rated Energy Efficient washing machine
Kitchen	Tumble Dryer	When Using o Tumble drying is expensive. Where possible using a clothes line is the most efficient way to dry clothes o Spin dry clothes in the washing machine before using the tumble dryer o Keep the fluff filter clean. A blocked filter will increase energy usage o Set correct drying times o Reducing the number of tumble dries by one a week can save up to 141kWh per year = €23.28 = 88.12 kgs CO_2 . This is about the same CO_2 saved if you reduced your car usage by 568 km in a small family car. When Buying o Choose the highest energy rated model when purchasing a new machine o Buy a model with a moisture sensor or temperature control if possible o Generally vented dryers use less electricity than condenser types
Kitchen	Fridge / Freezer	When Using o Always match the size of fridge to your needs o Place well away from heat sources such as ovens or other appliances o Ensure that there is adequate ventilation at the back, sides and top o Adjust thermostat to maintain correct temperature o Keep the coils at the back dust free as accumulation of dust on condenser coils can increase energy consumption by up to 30% o A 30% reduction in energy use for and upright fridge/freezer can save up to 165 kWh per year = €27.24 = 103 kgs CO_2 . This is about the same CO_2 saved if you reduced your car usage by 665 km in a small family car.

		When Buying o Choose an A++ rated model which can save up to 30% compared with older models
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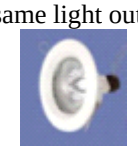
Kitchen	Kettle	When Using o Only boil the amount of water you need but make sure to cover the element When buying o Buy a kettle with a water level indicator which will make it easier to measure the quantity of water needed o Reducing the surplus water boiled by just four cups a day can save up to 29.0 kWh per year = €4.79 = 18.12 kgs CO_2 . This is about the same CO_2 saved if you reduced your car usage by 117 km in a small family car.
Kitchen	Dish Washer	When Using o Washing a full load is more energy efficient o Use a short or economy wash cycle whenever possible When Buying o Choose an A-rated Energy Efficient dish washer which uses up to 30% less energy for every wash. o A 30% reduction in energy can save up to 131.0 kWh per year = €21.63 = 81.87 kgs CO_2 (based on one wash per day) . This is about the same CO_2 saved if you reduced your car usage by 528 km in a small family car.
Kitchen	Hob	o Always make sure that the pan base matches the size the hob element o Use flat based pans for electric hobs o Use the right size pan for the quantity of food being cooked o Use only enough water to cover the food being cooked o Keep saucepan lids on – this enables you to turn down the heat. o Use the microwave which can be quicker. o Use an electric kettle to boil water for cooking instead of using the hob
Kitchen	Toaster	o Use a toaster rather than a grill to make toast
Kitchen	Oven	o You can save up to 80% energy by using a microwave for small portions instead of the oven o Bake or roast a few items at one time. Fan ovens maintain a consistent temperature throughout the oven space and so can be filled to capacity. o Remember, every time open the over door to check cooking you lose 20% of the heat
Kitchen	Microwave	o Use the microwave instead of an oven. You can reduce cooking energy by as much as 80 % when using your microwave for small portions

Kitchen	Ceiling light over table	o Choose CFLs instead of ordinary bulbs especially where lighting is needed for long periods o CFLs can last up to 15 times than an ordinary bulb and use 80% less electricity o Replacing an ordinary 100 watt light bulb with an equivalent CFL saves 80.00 kWh per year = €13.21 = 50 kgs CO_2. This is about the same CO_2 saved if you reduced your car usage by 322 km in a small family car.
Location	Technology	Advice
Kitchen	Downlights	o Turn lights off when the room is unoccupied Choose between the following energy efficient types. Number 1 being the most efficient o 1) Compact Fluorescent Lamps use 80% less energy than standard lamps and last up to 15 times longer than an ordinary bulb. These can be dimmed when fitted with suitable electronic control gear  o Saving per lamp up to 40 kWh per year = €6.60 = 25 kgs CO_2. This is about the same CO_2 saved if you reduced your car usage by 161 km in a small family car. OR o 2) Use 12v 35watt IRC lamps which are up to 30% more efficient than either standard 50 watt low voltage or GU10 (mains voltage) lights for the same light output.  o Saving per lamp up to 15 kWh per year = €2.48 = 9.37 kgs CO_2. This is about the same CO_2 saved if you reduced your car usage by 60 km in a small family car.
Living room	Computer	o Enable power management features on your home computer and monitor o Assuming 6 hours use per day you can save up to 40% of energy consumed by simply turning off your PC and monitor when not in use o Switching off the monitor can save even more than just letting the screen saver run. o Turn off machines when not in use (fax machines, printers, scanners, copiers). o Consider using a device that automatically switches off printers, scanners etc. once you

		switch off the computer.
Location	Technology	Advice
Living room	Task Lamp, Table Lamp and Ceiling light	o Use Compact Fluorescent Lamps which use 80% less energy than standard lamps and last up to 15 times longer than an ordinary bulb o Turn the lights off when leaving a room. o Use "task" lighting rather than whole room lighting when a small amount of light is required o Replacing an ordinary 100 watt light bulb with an equivalent CFL saves 80.00 kWh per year = €13.21 = 50 kgs CO_2. This is about the same CO_2 saved if you reduced your car usage by 322 km in a small family car.
Living room	Storage Heater	o Regulate the charge input control according to weather conditions
Living Room	Television	o Switch off your TV at the set or unplug it. o A television left on standby can increase the energy used by up to 10% in the year. o Turning off a 32" flat screen TV instead of leaving on standby can save up to 26.0 kWh per year = €4.29 = 16.25 kgs CO_2 (based on 6 hrs use per day) . This is about the same CO_2 saved if you reduced your car usage by 104 km in a small family car.
Living Room	Games Console	o Always turn off when not in use. Turning off the games console when not required can save up to 14% on energy used in a year. o Save up to 15.00 kWh per year = €2.48 = 9.37 kgs CO_2 (based on 3 hrs use per day) . This is about the same CO_2 saved if you reduced your car usage by 60 km in a small family car.
Living Room	DVD Player	o Switching off your DVD player can save up to 50% on energy consumed. When left on standby they still use power. o Save up to 16.00 kWh per year = €2.64 = 10 kgs CO_2 (based on 2 hrs use per day) . This is about the same CO_2 saved if you reduced your car usage by 64 km in a small family car.
Living Room	Music System	o Switching off your music system at the set can save up to 50% on energy consumed. When left on standby they still use power o Save up to 73.00 kWh per year = €12.05 = 45.62 kgs CO_2 (based on 4 hrs use per day) . This is about the same CO_2 saved if you

		reduced your car usage by 294 km in a small family car.
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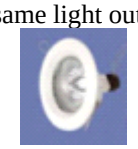
Living Room	VCR	o Switching off your VCR at the set can save up to 50% on energy consumed. When left on standby they still use power o Save up to 32.0 kWh per year = €5.28 = 20 kgs CO_2 (based on 2 hrs use per day) . This is about the same CO_2 saved if you reduced your car usage by 129 km in a small family car.
Living Room	Plug-in Heater	o This type of heater is very useful for quickly heating up a cold room for short periods. o Always use the built-in thermostatic control to maintain a comfortable room temperature o Never leave the heater switched on in an unoccupied room
Bathroom	Shower	o A 5 minute shower uses much less water than having a bath. So choose the shower whenever you to save time, money and water o Save up to 646 kWh per year = €106.65 = 403.75 kgs CO_2 (based on 1 shower per day) . This is about the same CO_2 saved if you reduced your car usage by 2604 km in a small family car.
Bathroom	Downlights	o Turn lights off when the room is unoccupied Choose between the following energy efficient types. Number 1 being the most efficient o 1) Compact Fluorescent Lamps use 80% less energy than standard lamps and last up to 15 times longer than an ordinary bulb. These can be dimmed when fitted with suitable electronic control gear  o Saving per lamp up to 40 kWh per year = €6.60 = 25 kgs CO_2 . This is about the same CO_2 saved if you reduced your car usage by 161 km in a small family car. OR o 2) Use 12v 35watt IRC lamps which are up to 30% more efficient than either standard 50 watt low voltage or GU10 (mains voltage) lights for the same light output.  o Saving per lamp up to 15 kWh per year = €2.48 = 9.37 kgs CO_2. This is about the same

		CO_2 saved if you reduced your car usage by 60 km in a small family car.
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Bathroom	Centre Light	o Compact Fluorescent Lamps use 80% less energy than standard lamps and last up to 15 times longer than an ordinary bulb. These can be dimmed when fitted with suitable electronic control gear  o Saving per lamp is 40 kWh per year = €6.60 = 25 kgs CO_2. This is about the same CO_2 saved if you reduced your car usage by 161 km in a small family car.
Bathroom	Heating	o This type of heater is very useful for quickly heating up a cold room for short periods.
Bathroom	Water Conservation Sink	o Self-closing and spray taps can save water o Saving hot water reduces the energy needed to heat it o Use a sink stop instead of letting hot water go down the drain
Bedroom	Light Switch	o Switch off lights in unoccupied rooms o
Bedroom	Phone Charger	o Always unplug phone charges when not in use and avoid charging a phone longer than necessary
Bedroom	Bedside Lights	o Use Compact Fluorescent Lamps which use 80% less energy than standard lamps and last up to 15 times longer than an ordinary bulb o Use "task" lighting rather than whole room lighting when reading o Replacing an ordinary 100 watt light bulb with an equivalent CFL saves 80.00 kWh per year = €13.21 = 50 kgs CO_2. This is about the same CO_2 saved if you reduced your car usage by 322 km in a small family car.
Bedroom	Ceiling light	o Switch off lights in unoccupied rooms o Choose CFLs instead of ordinary bulbs especially where lighting is needed for long periods o CFLs last up to 15 times as long as an ordinary bulb and use 80% less electricity

		o Replacing an ordinary 100 watt light bulb with an equivalent CFL saves 80.00 kWh per year = €13.21 = 50 kgs CO_2. This is about the same CO_2 saved if you reduced your car usage by 322 km in a small family car.
Location	Technology	Advice
Bedroom	Space Heating	o Electric panel heaters are a convenient way to heat bedrooms for short periods o Use the correct thermostat setting and automatic time controls for the most efficient operation
Outdoor	Windows	o Pull the curtains at night. o Heavy lined curtains can help reduce heat loss through windows o Installing double glazing can cut heat loss through windows by up to half
Outdoor	Outdoor Lighting - Porch	o The outdoor porch is the perfect place to install a CFL light fitting. o Use a fitting that has a day/night sensor which automatically turns the light on at night and off in the morning. 
Outdoor	Outdoor Lighting - Security	o Use CFL type light fitting with built in day / night sensor (photocell) o Compact fluorescent lamps give energy efficiency and long life when used for this purpose o An alternative is to use a CFL with an integral photocell that can be used in an appropriate fitting to give automatic all night lighting 
Outdoor	Draught Proofing	o Draught proofing decreases the amount of unwanted cold air entering your home. Draught proofing kits are available from most DIY stores o Draught proofing could save about €30 a year

		on your heating bills
Renewable Energy	Solar Water Heating Panel	o A three square metre solar water heating panel can contribute up to 1500 kWh of the Sun's energy per year to domestic water heating requirements depending on a range of factors. o This is approximately the same as heating 187 cylinders of hot water of 120 litre capacity. o Check with Sustainable Energy Ireland (www.sei.ie) for information on available grants o Saves up to 1500 kWh per year = €248 = 937 kgs CO_2. This is about the same CO_2 saved if you reduced your car usage by 6048 km in a small family car.
Location	Technology	Advice
Hall	Thermostat	o Turning the thermostat down by just 1°C can cut as much as 10% off your heating bills o The 30 minute rule. Save money and energy by setting your central heating programmer to go off 30 minutes before you go to bed. o Ensure that the system is well maintained o Note: It is important that adequate heat is provided for older people especially
Hall	Radiator	o Thermostatic Radiator Valves (TRV) let you control the temperature of each room and can help reduce your energy bills. o Place heat-resistant reflectors between radiators and walls to reduce heat loss.
Hall	Lighting	o Choose CFLs instead of ordinary bulbs especially where lighting is needed for long periods o CFLs lasts up to 15 times longer than an ordinary bulb and use 80% less electricity o Replacing an ordinary 100 watt light bulb with an equivalent CFL saves 80.00 kWh per year = €13.21 = 50 kgs CO_2. This is about the same CO_2 saved if you reduced your car usage by 322 km in a small family car.
Hot Press	Pipe Insulation	o Hot water pipes should also be lagged to conserve energy. The cost of lagging pipes and cylinder can be recouped within months.
Hot Press	Hot Water Cylinder	o Fit jacket a good quality 80 mm lagging jacket o This can save up to 30% on your water heating costs o Heat will still permeate through the lagging jacket to allow airing of clothes o When replacing your existing cylinder consider buying one that is factory- insulated. o Insulation can save up to 490 kWh per year = €80.90 = 306 kgs CO_2. This is about the same

		CO_2 saved if you reduced your car usage by 1975 km in a small family car.
Hot Press	Water Heating Control	o Do not leave the immersion heater on continuously. o Fit a time switch to control the immersion heater o You can override the time switch should you need to o A time switch can save up to 136 kWh per year = €22.45 = 85 kgs CO_2. This is about the same CO_2 saved if you reduced your car usage by 548 km in a small family car.
Attic	Attic Insulation	o Insulating your attic with 250mm of fibre glass insulation or equivalent can reduce your heating bill by up to 20% o Insulate all water pipes and storage tank in the attic to prevent water freezing