



Top tips to save energy and money

nPower

The average household could **save £250** by being more energy efficient around the home (source: Energy Saving Trust). Here are some handy tips to get you started.

Easy and cheap to do...

Kitchen

- Only fill the kettle with the amount of water you need.
- Choose the right size pan when cooking and keep the lid on. Don't waste energy by allowing the flames or heat to lick up the side of the pan.
- Defrost your freezer if ice is affecting the seal on the door.
- When using a dishwasher, only use the high temperature wash programmes for those really dirty dishes.



Bathroom

- Only use an immersion heater when you need to and make sure your hot water tank is lagged with an 80mm insulating jacket.
- If your hot water has a thermostat, set it at a minimum of 60°C. This will keep your water nice and warm, and won't waste energy.
- Have a shower instead of a bath.

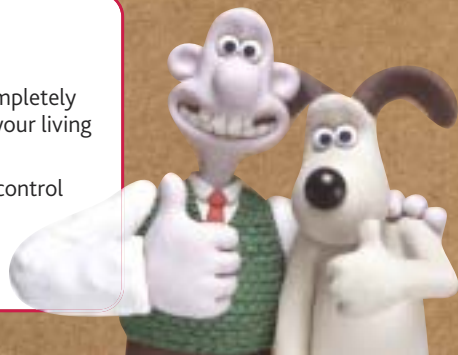


Utility

- On dry days use your washing line instead of the tumble dryer.
- Try to wash a full load in your washing machine - for smaller wash loads use a half load programme if available on your machine.
- Save energy by washing your clothes at 30°C. They'll be just as clean as using a higher temperature.

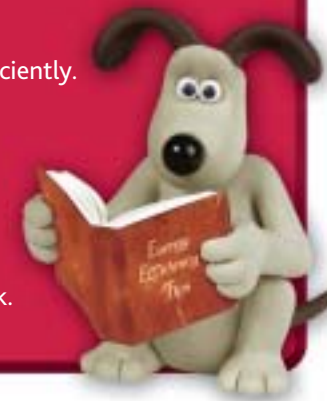
Other

- Turn the lights off when leaving a room.
- Don't leave your appliances on standby.
- You could turn your heating down by 1°C and off completely in the summer! The recommended temperature for your living room is 21°C and 18°C in the hall.
- Use your central heating programmer effectively to control when the heating goes on and off.
- Monitor your energy usage by reading your gas and electricity meter on a weekly/monthly basis.



Costs a little, but worth a lot

- Change your old inefficient light bulbs to the new energy saving ones.
- Service your boiler every year to keep it running efficiently.
- Fit thermostatic controls on your boiler and hot water tank.
- Fit thermostatic radiator valves (TRV's) to give the required comfort levels.
- If your central heating system also heats your hot water, lag the pipes between the boiler and tank.



Costs a little more, but lasts longer

- Replace your boiler if it's more than 15 years old.
- When buying or replacing appliances look for the energy efficient label and become A++ rated.
- If your walls are suitable, cavity wall insulation will substantially reduce heat loss. You should also check if you have the recommended 270mm of loft insulation.

Call 0800 980 2135 to find out more about home insulation, quoting 'EE literature'.



Big energy guzzlers to watch out for!

- Direct acting electric heaters such as fan, convector or radiant heaters can have expensive running costs. Watch how frequently you use these in areas of your home such as the conservatory.
- Outdoor heating. Although popular in summer these can make your energy costs soar.
- Remember, using a fan and air conditioning in the summer uses a lot of electricity.

For advice on saving energy in your home call

0800 02 22 20

Or visit

npower.com/savingenergy

For all your home insulation needs call

0800 980 2135 quoting 'EE Literature'

Or visit

npower.com/insulation

For gas boiler service and installation
call npower hometeam on

0800 0722 999

Or visit

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Here to help everyone save energy in the home.

The Energy Saving Trust is one of the UK's leading organisations set up to address the damaging effects of climate change. We aim to cut emissions of carbon dioxide (CO₂) – the main greenhouse gas causing climate change – by promoting the sustainable and efficient use of energy.

We are an independent, non-profit making organisation who provide free, impartial information and advice. Our network of advice centres across the UK are specifically designed to help people take action to save energy.

For free, impartial advice tailored to you call the Energy Saving Trust on 0800 512 012 or visit energysavingtrust.org.uk