

SAVING ENERGY TOGETHER

We can help you cut your bills and save money.

ENERGY
SAVING
HINTS AND
TIPS



Contents

Saving energy together

1-3

Helping you save energy and cut your bills	1
Being energy efficient is now as easy as ABC	2

Guide to the efficient use of electricity

4-16

Energy hungry appliances	4	Cookery tips	10
Your label's showing	5	Launder for less	11
Lighten your lighting bill	6	Standby for more savings	12
A smart stylish way to save	7	Game over for wasted energy	14
Stay chilled	8	Electricity - what's watt?	16

Guide to the efficient use of gas

17-25

Get comfortable with gas	17	Central savings	22
Stay in control	18	Using gas safely	23
Cooking with gas	19	A danger you can't see (but can avoid)	24
Gas guzzlers	20	Protect yourself	25
Warmth where you want it	21		

Water saving tips

26

Don't be a drip	26
-----------------	----

Going the extra mile

27-31

Insulate your home for less	27	Heating pumps	30
Don't lose it, insulate it	28	Water way to save energy	31

Useful information

32-37

Guide to running costs	32
How else can we help you?	36
Contact information	37

Helping you save energy and cut the cost of your bills

**At Airtricity, we'd love you to use less energy.
That may seem surprising for an energy company,
but then we're no ordinary energy firm.**

We are Northern Ireland's leader in renewable energy. So when we say we're committed to helping you reduce your energy use and cut your bills, you know it's true.

**That's why you can rely on us to give you lots of easy,
practical ways to use your energy more efficiently.**

In fact, this booklet is packed full of easy ways to use less energy and simple ways to cut your bills. Just by changing a few small things, you could save yourself a small fortune – and you'll help the environment too.

Being energy efficient is now as easy as ABC

No one likes spending more than they need to. Your energy bills are a major part of your household spending and the good news is that with our help, it's simple to become more energy efficient. And that helps both your budget and the environment.

Simple steps: In this booklet, we show you how to manage your electricity and gas more effectively, reduce your carbon emissions and save money.

This booklet is divided into electricity, gas, insulation and useful information. Plus throughout, you'll find easy hints and tips that everyone can do to save money.

If you have any questions or need help with your bills, you can be confident, you'll always get the best customer service. So you're better off with Airtricity.

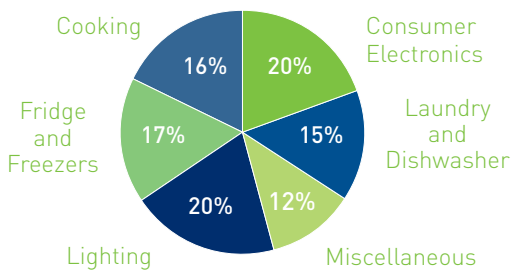


Energy hungry appliances

Swap your hungriest appliances for more energy efficient ones.

What consumes the most electricity in your household?

The first step to saving electricity is understanding where it's being used in your home. This should give you a good picture.

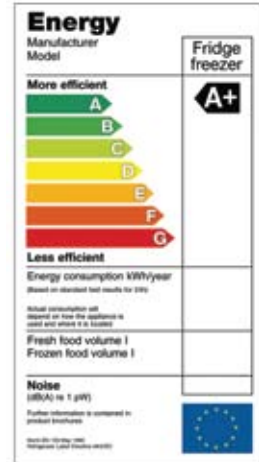


Your label's showing

(and it says a lot about you)

Before you buy a new appliance, check its energy efficiency. This can vary from model to model and new appliances are getting better all the time. For example, if you replaced the fridge-freezer you bought in 1995 with an Energy Saving Recommended one, you could save £50 a year just on the amount of electricity used.

Always look for energy labels. These give each appliance an energy efficient rating on a scale from A (most efficient) to G (least efficient). Go for 'A' rated appliances wherever possible – they're better for the environment and cost much less to run. Also look for the Energy Saving Trust logo to ensure your appliance is energy efficient.



Some appliances are super-efficient. These have an A+ or A++ label. At the moment, manufacturers only have to put energy labels on fridges, freezers, fridge-freezers, dishwashers, washing machines, electric tumble dryers, electric ovens, air conditioners and light bulbs. But for other appliances you can look in the manufacturer's brochure to check how much energy they use or check the Energy Saving Trust for recommended products.



Look out for the Energy Star logo for the most energy efficient home/office equipment. For more information, visit www.eu-energystar.org



Lighten your lighting bill

Save energy and money at the flick of a switch

Here's some easy ways to lighten your bill:

- Turn off lights you don't need. But leave enough lighting on for stairs and hallways.
- Keep your lampshades and bulbs clean. They give out less light if they are dirty.
- Darker lampshades give out less light, so use lighter ones to get the most light.
- Fit lower wattage bulbs wherever possible.
- Spotlights can be more expensive to run than other lighting, so avoid leaving them on for a long time.
- Fluorescent tubes give out more light and are the best choice for kitchens.
- Think about buying fittings designed for low-energy lights.
- Fit timers and automatic sensors to lights, especially outside lighting. This will save you money.

Here's a bright idea – switch to energy saving bulbs. Remember when buying energy saving bulbs that they use less than 1/4 of the energy of traditional bulbs to create the same amount of light – so they come in lower wattages.

Ordinary Bulbs	Equivalent CFLs
40W	7W–10W
60W	15W–18W
100W	20W–25W
150W	32W

A smart stylish way to save

One energy-saving bulb could save you up to £7 a year

In most homes, lighting accounts for around 20%–25% of the electricity bill. A substantial amount of the energy needed for lighting could be saved by replacing ordinary bulbs with compact-fluorescent lamps (CFLs) – aka ‘energy saving light bulbs’.

They may be more expensive to buy than normal bulbs, but CFLs last up to 10 times longer. So for each one you fit, you could save up to £7 a year or £70 over the bulb’s lifetime.

And that’s not all. CFLs are now available in all shapes, sizes, colours and tones – plus you can get LED ones, dimmable ones, candle-shaped ones and even ones that look like traditional bulbs! So switching to energy-saving bulbs can be just as stylish, if not, more than incandescent ones.



Stay chilled

Handy tips for fridges and freezers

- Don't put your fridge or freezer next to a cooker or in direct sunlight. Make sure air can circulate around the back.
- Load and unload the fridge as quickly as possible. Don't leave the fridge door open for longer than you need to.
- Never put hot food in a fridge or freezer. Let it cool first.
- Defrost your fridge or freezer regularly. Check the manufacturer's instructions for more details. Ice should never be more than a quarter of an inch (6mm) thick around the ice box.
- Check for gaps in door seals that could let warm air in. Place a piece of paper in the door, if you can easily remove the paper with the door closed, then the door is letting warm air into the fridge.
- Upright freezers are less efficient than chest freezers. Cool air drops out of an upright when you open the door.

- When buying a new fridge or freezer, check the energy label and buy the most energy-efficient appliance possible. It will cost much less to run.
- Use a thermometer to make sure you have set the thermostat in your fridge or freezer to the correct temperature. If it's too low your appliance will use more energy, and will not keep your food as effectively.
- According to 1990 Food Hygiene (Amendment) Regulations, the temperature in your fridge should be no more than 5°C. You should also set your freezer to -6°C(*), -12°C(**) or -18°C(***)[†].

Star Rating	Freezer Temperature	Food Storage
****	-18 °C or colder	Can freeze fresh food and store food for 3 to 12 months
***	-18 °C	Stores pre-frozen food for 3 to 12 months
**	-12 °C	Stores pre-frozen food for up to a month
*	-6 °C	Stores pre-frozen food for up to a week

[†] The star-rating system for freezers tells you what it can freeze and for how long.

Cookery tips

Even chopping your food smaller can help save energy

- Only fill kettles with as much water as you need. But make sure you cover the element if you use an electric kettle.
- When cooking vegetables, use just enough water to cover the food and put a lid on. Simmer instead of boiling; less steam means less need to ventilate the room, cutting your heating costs.
- Always use the right size of pan for your cooking ring.
- Use pans that can divide into sections so you can cook several items at once.
- Cook big batches of food at once. It's more energy efficient to use all the oven space available – and freeze food you don't need that day.
- Take any shelves you don't use out of the oven.
- Cut food into smaller sections before cooking; it may cook more quickly.
- Don't keep opening the oven door while you are cooking.
- Make toast in a toaster, not under the grill.
- Use a microwave instead of the oven as much as possible – not just for reheating and defrosting, but for fresh food too. They're quick, easy and economical to use, especially if people in your household eat at different times. Take jacket potatoes for instance. An hour in the oven; 5 minutes in the microwave.

Launder for less

Wash at 30°C and get every 3rd wash for free

- Always try to put a full load of washing into your washing machine or tumble dryer.
- Save energy by washing at lower temperatures. Washing clothes at 30°C instead of a higher temperature can use around 40% less electricity. Modern washing powders and detergents work just as effectively at lower temperatures so unless you have very dirty washing, bear this in mind.
- Use economy programmes on your washing machine for small loads or washing which isn't very dirty.
- Front loading washing machines are usually more efficient.
- If the weather is fine, dry your washing outside.
- If you use a tumble dryer, spin your clothes first. They'll dry in the tumble dryer more quickly.
- Make sure the filters in your tumble dryer are fluff free.
- You won't have to iron everything if you don't turn up the tumble dryer thermostat too high or dry your clothes for too long.
- Plan your ironing so you don't have to keep changing the temperature. Start with clothes that need a cooler setting. Finish with clothes that need the hottest setting.
- Buying a new washing machine or dryer? Look for the Energy Saving Recommended logo. They will be more energy efficient and cost less to run. An energy-saving washing machine can save you up to £10 a year on your electricity bill!



Standby for more savings

Our homes are full of appliances that use energy all the time.

Your TV, DVD and hi-fi use energy when not in use – up to 90% in standby mode. (In some households, it's the equivalent of leaving a 100W light bulb on all year.)

Generally only the following appliances need to be powered all the time:

- Home security systems and sensor lights
- Gas and oil boilers & heating controls
- Remote garage door openers
- Standby reduction devices that turn your appliances off when not in use

Everything else, like your TV, can be switched off at the wall. To help reduce your energy use further, change to models with low consumption and switch them off at the wall when not in use. You'll be surprised how much you save!



**Switching off appliances at the wall
could trim 6% off your energy bill.**



Game over for wasted energy

We don't always remember to turn off every device attached to our computer or TV when they're not in use – so modems, speakers, scanners and DVD players can all be left running even when we think we've switched them off.

A standby reduction device will automatically turn these off when you switch off your TV or computer. All you have to do is plug the TV or computer into the socket allocated on the standby reduction device, and when it's switched to standby – hey presto! – it automatically turns off all the other devices.

For more information visit www.airtricity.com or www.energysavingtrust.org.uk



Appliances that use power continuously but can be switched off:

- Computers
- DVD players and recorders
- VCRs
- TVs
- Stereos
- Games consoles
- Battery and phone rechargers
- Plug-in air fresheners
- Breadmakers
- Coffee makers
- Microwaves – if the clock isn't needed
- Hand-held vacuum cleaners
- Rechargeable toothbrushes



The power switch on many new appliances does not completely switch off all the power. To be absolutely sure, switch it off at the wall or unplug it.



Electricity – what's watt?

By understanding more about the electricity we use – and following some simple hints and tips – we can all be more energy efficient. And it can save you money too.

All household appliances are rated in watts or kilowatts. This tells you how much electricity an appliance uses in a certain amount of time. For example, a 1kW single bar on an electric fire uses one unit of electricity an hour. A 100 watt light bulb uses one unit of electricity every 10 hours.

Normally the rating is shown on the appliance rating plate with the serial number. The higher the rating of the appliance, the more electricity it will use.

It's worth knowing the rating of your appliances if you want to reduce energy consumption. When you know which ones are using the most energy, you also know which ones are costing you the most.

The science behind your bill

- Electricity is measured in units of power called watts (W)
- 1000 watts = 1 kilowatt (kW)
- 1 kilowatt-hour (kWh) = 1000W or 1kW working for one hour
- We measure your electricity consumption in kilowatt-hours
- Each kilowatt-hour is shown on your bill as one unit
- We tot up these units to calculate your fuel bill

Get comfortable with gas

Getting the most out of the gas you use will give you a warmer, more comfortable home that's energy efficient and kinder to the environment. But that's not all – it could help you save money too!

There are lots of things you can do that will make a big difference to the amount of gas you use. It's not just about choosing energy-efficient appliances and equipment, it's also about how you use them day to day.

Follow our tips on everything from heating your home to cooking your dinner and you'll be doing your bit to protect the environment as well as your hard-earned cash.

Plus you'll find some useful advice on how to use gas safely, and what to look out for to protect your family from the dangers of carbon monoxide poisoning.

Stay in control

Control your heating and take control of your bills

You want to make sure that heating and hot water are only provided when and where they're needed. A properly controlled heating system should have:

A programmer – to set 'on/off' periods

- Some models switch the central heating and hot water on/off at the same time
- Others allow hot water and the heating to come on and go off at different times

A room thermostat – to select the required room temperature

- Switches off your heating when your room gets to the right temperature
- Set it between 18°C and 21°C

A cylinder thermostat (if you have a separate hot water tank)

- Controls the temperature of the water in your hot water tank. Turn it down to 60°C for water that's hot enough to kill off harmful bacteria. Any higher and you waste energy – and increase the risk of scalding

Thermostatic Radiator Valves (TRVs)

- These let you control the temperature of each room separately. They sense the air temperature and switch radiators on and off automatically

Turn your heating down by 1°C and save up to 10% on your energy bill



Cooking with gas

Gas can be a very controllable, quick response way to cook

Gas – especially in gas hobs – can be a very efficient way to cook. However, you can still reduce the amount of gas you use and save money by following some simple energy saving tips.

- Never use a cooker to heat a room
- Make sure you use the right size of pan to completely cover the burner
- When cooking vegetables, only use enough water to cover the food and put a lid on the saucepan
- Cut food into smaller pieces before cooking to help it cook quicker
- Turn down the gas as soon as the water boils
- Remember – you don't need to preheat gas grills and ovens for most dishes



Gas guzzlers

What consumes the most gas in your home?

It helps to save gas when you know where it goes. The following table gives you an idea of how much gas is used by the different appliances in your home. The amount of gas used is measured in kilowatt hours (kWh). You can see how your charges are calculated by looking at your gas bill.

Item	Duration	Units (kWh)
Cookers/Ovens		
Cooker	1 week's meals for a family of 4	34
Grill (on full)	1 hour	4
Hob (on full)	1 hour	3.5
Hob (on low)	1 hour	0.25
Oven (gas mark 7)	1 hour	1.5
Oven (gas mark 2)	1 hour	0.1
Heating		
Radiant/convector gas fire (on full)	1 hour	4
Radiant/convector gas fire (on low)	1 hour	1
Wall heater (on full)	1 hour	2
Decorative-effect open fire	1 hour	3.5
Instantaneous water heater	1 day's use	11

Warmth where you want it

Use individual gas room heaters for extra heat

If your home needs some extra heating, you might want to invest in some individual heaters. The two main types of gas individual room heaters are:

Wall convector heaters

→ These are usually fitted to an outside wall as they require a balanced flue (this ensures there's a fresh air supply so the gas burns properly and also removes the gases produced). They're very efficient for a room heater – typically 70% of their heat goes into the room.

Radiant convectors

→ These heaters provide radiant and convected heat. Individual heaters that take their fresh air supply from the room instead of a flue are called 'flueless'. They are very efficient heaters – and can be up to 90% efficient. However, enough fresh air needs to be brought into the room for them to operate safely.

Financial help for a warmer home

If you have an inadequate insulation in your home and find it hard to keep warm you may be eligible for a Government-funded grant to help you improve your insulation. To see if you're eligible for a Government grant contact the SEAI directly - you'll find the SEAI's contact details at the end of this booklet.



Decorative fuel-effect fires are not an efficient way to heat a room. The majority of heat goes up the chimney – often as little as 20 to 25% goes into the room.

Central savings

Getting the most out of your gas central heating system

Is your boiler energy efficient? There are two common kinds of boiler:

- Regular boilers supply radiators and a separate storage cylinder for hot water.
- Combination 'combi' boilers supply radiators and provide 'instant' hot water at the taps, with no hot water tank.



Some boilers are far more energy efficient than others, so they cost a lot less to run. If your boiler is over 15 years old it could be up to 35% less efficient than a new 'A' rated 'condensing' boiler.[†]

Condensing boilers look the same as ordinary boilers but they are designed to extract and re-use more of the heat that would normally be lost up the flue.

When it's time to change your boiler, you must choose an 'A' rated energy efficient condensing model. This type of boiler will save you money.

For more information on Energy Saving Trust recommended boilers visit the Energy Saving Trust website at www.energysavingtrust.org.uk or visit www.seai.ie for a list of boiler types and efficiency ratings by typing harp_ database in the search field.

[†]Savings are based on replacing a 15 year old boiler with a new 'A' rated condensing boiler in a household with average levels of insulation.

Using gas safely

Gas is a safe fuel when used properly

Always read, and keep for reference, the instructions that come with any gas appliance.

- Do not use any gas appliances that you think are not working properly
- Make sure that ventilation bricks or grilles or outside flues are never covered or blocked
- Make sure you have your gas appliances serviced at least once a year by a Gas Safe Registered service company
- If you suspect a gas leak, call the Gas Emergency Number immediately on 0800 002 001. (Do not phone from a mobile phone as it could create a spark and cause an explosion)
- Fit an audible carbon monoxide detector. Use this as a guide. Do not rely on it completely.

Please remember it's a legal requirement to use a Gas Safe Registered Installer to carry out any work on gas appliances in your home. All gas boilers and gas appliances must be regularly serviced to make sure they are operating correctly and safely.

For more information visit www.gassaferegister.co.uk

A danger you can't see (but can avoid)

Be aware of the risk of carbon monoxide poisoning

Carbon monoxide (CO) is a poisonous gas that is produced when any fossil fuel such as gas, coal, oil or wood is burnt without enough oxygen. If your gas appliance is faulty, carbon monoxide may be produced.

You can't see it, smell it or taste it. The symptoms of carbon monoxide poisoning are similar to the 'flu'. If you experience any of the symptoms below but feel better when you are outside or away from the appliance, you may be suffering from carbon monoxide poisoning. (Turn the page to find out how to protect yourself and what to do if you think you have CO poisoning.)

Warning signs – what to look out for

- A change in colour of your gas flame. (Gas flames are normally blue but if you have a real life gas flame for example in your gas fire, the gas flame should be orange.)
- Sooty stains or discolouration on or around gas appliances
- Increased levels of condensation in the room where the gas appliance is installed
- Fumes or smoke in the house
- Slower than usual burning of solid-fuel fires

Symptoms to watch for

- | | |
|-------------------|--------------|
| → Drowsiness | → Headaches |
| → Visual problems | → Dry throat |
| → Nausea | → Vomiting |



Protect yourself

Fit a carbon monoxide (CO) detector

An audible carbon monoxide detector will alert you to the danger if carbon monoxide is present. You can be particularly at risk from CO poisoning when you're asleep because you may not be aware of any symptoms until it's too late. An audible CO detector could wake you up and save your life.

A carbon monoxide detector should only be used as a useful back up. You should not rely on this alone and should always make sure you have your gas appliances regularly maintained by a registered gas installer.

What should you do if carbon monoxide is in your home?

- Make sure the faulty appliance is switched off (Do not use it again until it has been inspected/repaired by a registered gas installer)
- Switch off your gas supply by the control valve (if you know where it is)
- Open all doors and windows to ventilate the room
- Phone the Gas Emergency Number on **0800 002 001**
- Visit your GP urgently and advise them that your symptoms may be related to CO poisoning and request a blood and/or breath sample is taken

Don't be a drip

Easy ways to save water and energy

Try our easy water-saving tips, and you'll be doing your bit to fight climate change.

- Brushing your teeth? Remember to turn off the tap – a running tap wastes over 6 litres per minute.
- Have a shower instead of a bath to save water.
- Don't put your dishwasher or washing machine on when it's half-full, and use the economy programmes whenever possible.
- Got a dripping tap? Mending your dripping tap washer could stop you wasting up to 5,500 litres of water.
- Get a hippo or another saver flush device for your loo. Then simply fit it into your cistern, and save nearly 3 litres of water every time you flush.

Visit www.energysavingtrust.org.uk for other water saving tips.



Got a power shower? You could be wasting the equivalent of a bathful of water every time you shower. See page 35 for how you can make it more energy efficient.

Insulate your home for less

Save money and warmth with loft and cavity wall insulation

If your home was built after 1930, it's likely that your external walls are made of two layers with a small gap or 'cavity' between them. If your home has unfilled cavities, a big chunk of your energy bills goes on heating the air outside your home! However, the problem is easy to fix.

When carried out by a professional, installing cavity wall insulation – and loft insulation – is usually simple and straightforward. If you're keen on DIY, you might want to lay rolls of loft insulation yourself.

How you could get your home insulated for less

There are many grants available to help you pay for the installation of energy-efficiency measures. To find out what grants are available, phone The Energy Saving Trust on **0800 512 012**



Don't lose it, insulate it

Keep the heat inside your home

Most of the money we spend on fuel goes on heating our homes. So this is where you can make the greatest savings – simply by making sure that your home is as well insulated as possible.

Where does it all go?

Most heat is lost through the building itself – up to 25% through the roof and up to 35% through the walls. Insulating them gives you the biggest savings on your energy bills.

But don't forget the other areas too. Your home won't feel very comfortable if you've got draughts around skirtings, floorboards, windows, doors or coming down the chimney.



Little things that can make a real difference

It's always worth tackling some low-cost measures first. You can cut a lot of annoying draughts, with a visit to your local DIY store. Here's a shopping list of things you might want to fit yourself:

- Draught strips for windows or doors
- Key-hole and letter-box covers
- Threshold sealer – a brushed strip fitted to bottom of doors
- Silicone sealant to fill gaps around skirtings, floorboards and badly fitting window frames

If your chimney is no longer in use, seal it up – but make sure you fit a grille. This will reduce the heat lost up the chimney but still give some ventilation. This is important to prevent condensation and make sure there is enough air for fuel-burning heaters to operate safely and efficiently.



Heating pumps use electricity too

Get an 'A' rated central heating pump and you could save up to 100kWh off your home's electricity

Central heating pumps. Gas and oil central heating systems also consume electricity – and can actually account for over 10% of a home's electricity consumption. So how can you get top marks for your central heating's electricity consumption?

If you have an old system, the circulating pump may be in use even when your house is comfortably warm – but this uses a lot of energy unnecessarily. A central heating installer will advise you if your pump operation can be improved.

Try changing your pump for a model with an 'A' energy rating. This could save you up to 100kWh per year.



Water way to save energy

Cut the flow and reduce the cost of your shower

Showers are usually cheaper than baths because they use less water, but there is an exception. If you run a power shower for more than 4–5 minutes it actually uses more water than it would take to fill a bath.

You can enjoy the feel of a power shower but cut the cost considerably by fitting a 'low flow shower head'. This mixes air with water, to give you the feel of an invigorating shower but reduces the amount of water you use by up to 70%.

Want to know if you need a low flow shower head? Try this simple test. Put a 2 litre (4 pint) cooking pot or bowl directly under your shower and position it in the middle of the water stream. With the shower on full, count how many seconds it takes to fill the pot/bowl. If it takes fewer than 12 seconds, a low flow shower head would help you save energy and save water.

Water heating – get a little help from the sun

The sun provides clean, free energy that you can use to heat some of your hot water. Solar hot water systems can heat your water throughout the year. They can even produce some heat in the winter.

Savings will depend on how much hot water you use, and what type of system you have. A typical gas heated 3-bedroom, semi-detached home could save around £50-£85 per year on heating bills. To see what options are available, and see if your home is suitable, phone Energy Saving Trust on 0800 512 012 or visit www.energysavingtrust.org.uk

Guide to running costs

Ever wondered how much electricity your household appliances use and which ones are the most expensive to run? If so, this guide will help you identify these appliances and help you lower your electricity bills.

How electricity is measured

We measure your electricity in kilowatt-hours and show it on your bill as units for simplicity. (See page 16 for more information on kilowatts.)



Calculating the running costs of your appliances

The tables in this booklet provide average running costs of everyday appliances. For a more detailed breakdown of how much electricity you use, it's best to work out the exact running cost for each appliance. Here's an example of how to work out the cost of a microwave (to work out another appliance, simply use the same steps):

- First, find out the wattage rating of your microwave (you can usually find this near the serial number). Let's say it's **800w**
- To get the amount of kilowatts, you then divide the wattage rating by 1000. So that's **$800 \div 1000 = 0.8$**
- Now you need to multiply that number (0.8) by the amount of time the appliance is running for. If the time is under 1 hour, you need to find out the kilowatt per minute, so divide your kilowatts amount by 60 and then times it by the number of minutes. So, if your microwave is on for 10 minutes, your sum would be **$0.8 \div 60 = 0.013 \times 10 = 0.13$**

(If the time is more than 1 hour, use decimals. For example, an-hour-and-a-half would be 1.5. So that's $0.8 \div 1.5 = 0.53$)

- Multiply this number (0.13) by your unit rate (you will find this on any of your electricity bills)
- You now know how much your microwave (or other appliance) costs to run for the specified time

Examples of average running

Heaters

Storage heaters are designed to work with specially designed tariffs that provide cheaper off-peak electricity. They store up heat during the cheaper periods for you to use during the day when you need warmth. Convector heaters give warmth as and when you turn them on. A 2kW convector heater will give you 30 minutes heat for 1 unit.

Hot water

Electrical immersion water heaters can provide you with 13 litres of hot water for 1 unit. Make sure you have a thermostat on your water heater. If you do not or it is not working, then your heater will continually heat the water in your tank. Always check your thermostat if you find yourself using more electricity than you normally do.

$$\text{watts} \div 1000 = \text{kW}$$

$$\text{kW} \times \text{time} = \text{kWh of electricity used}$$

$$\text{kWh} \times \text{unit rate} = \text{running cost}$$

For example, this is how to calculate the cost of running a 2000 watt appliance for 15 minutes with a unit price of 10 pence for each unit.

$$2000 \text{ W} \div 1000 = 2 \text{ kW}$$

$$2 \text{ kW} \times 15 \div 60 = 0.5 \text{ kWh}$$

$$0.5 \text{ kWh} \times 10 \text{ pence} = 5 \text{ pence}$$

APPLIANCE

Lighting

Fluorescent strip light (40W)	25 hours
Light bulb (60W)	16.5 hours
Light bulb (100W)	10 hours
Low-energy light bulb (20W)	50 hours

Entertainment

42" LCD TV	6.5 hours
DVD Home Cinema System	16 hours
TV (colour, 28 inch widescreen)	12 hours
Stereo system	8-10 hours
DVD player	24 hours
Digital set-top box	24 hours
Games console	8 hours
Video recorder	12 hours recording

Cooking

Health grill	32 chicken breasts
Deep fryer	Up to 1.3kg of chips
Microwave (800W)	1.25 hours
Slow cooker	8 hours
Cooker	1 week's meals for a family of 4
Cooker hob	Bacon and eggs for 4
Conventional oven	Tray of oven chips
Fan oven	1.45 kg chicken
Cooker grill	430g of pork sausages
Cooker hood	10+ hours
Toaster	60 slices of toast
Sandwich maker	26-54 sandwiches
Smoothie maker	100 smoothies
Steamer (350W)	1 hour

Hot Drinks

Kettle	6 litres of boiling water
Filter coffee maker	75 cups of coffee
Programmable coffee maker	30 cups of coffee

Washing Dishes

Dishwasher (cold fill)	1 full load
------------------------	-------------

Washing & Drying Clothes

Automatic washing machine	Weekly wash for a family of 4
Twin tub	Weekly wash for a family of 4
Spin dryer	1 hour
Tumble dryer	3.6-5.4kg of sheets and towels
Tumble dryer	1 load of synthetics
Iron	1 hour

USAGE

costs for everyday household appliances

kWh(s)	APPLIANCE	USAGE	kWh(s)
1	Heating		
1	Central heating pump	24 hours	0.5–1
1	Towel rail (250W)	4 hours	1
1	Oil-filled radiator (500W)	2 hours	1
1	Infra-red heater (1kW)(20W)	1 hour	1
	Panel heater (1.5kW)	40 minutes	1
	Convector heater (2kW)	30 minutes	1
1	Radiant heater (3kW)	20 minutes	1
1	Under-tile heating matting (750W)	2 hours	1.5
0.25–0.5			
1	Refrigeration		
1	Upright freezer	24 hours	1–2
0.25–0.5	Larder fridge	24 hours	1
1	Fridge with freezer box	24 hours	1
0.5	Fridge-freezer	24 hours	2
	American style side-by-side fridge-freezer	24 hours	1.4
1			
1	Personal Hygiene		
1	Curling tongs/hair straighteners	1 hour	0.5
1	Hair dryer (500W)	2 hours	1
15	Heated rollers	14 times	1
	Shaver	Every day for 5 years	1
0.5	Shower (9kW)	5 minutes every day for a week	5.25
1			
3	Cleaning		
0.5	Vacuum cleaner (cylinder)	Vacuum every day for a week	1
1	Vacuum cleaner (upright)	2 hours	1
1	Waste disposer	22.5kg of rubbish disposed	1
1			
0.35	Electric blankets		
	Single overblanket	All night for a week	2
	Single underblanket	1.5 hours every night for a week	1
	Double overblanket	All night for a week	3
	Double underblanket	1.5 hours every night for a week	1.5
1			
1	Garden		
	Lawnmower (cylinder)	3 hours	1
2–3	Lawnmower (rotary)	1 hour	1
	Hedge trimmer	2.5 hours	1
	Hot tub (3kW heater)	Preheating 6–8 hours	18
8–9	Pond pump	24 hours	4–6
11–12			
1	Other Appliances		
	Power drill (500W)	2 hours	1
4	Battery charger (12V)	30 hours	1
	Extractor fan	24 hours	1
2	Personal computer	3–6 hours	1
0.5–1	Mobile phone/MP3 charger	100 charges	1

How else can we help you?

We'd love to welcome you

If you're already one of our customers we'd like to thank you for staying with us and hope you find this booklet helpful. If we don't supply you, we'd love you to join us.

To find out about all our products and options to suit every household phone 0845 601 4321 or visit www.airtricity.com

At Airtricity we offer more than simply energy. We offer a variety of service options with options to suit every household. Why not see which one you prefer on our website or contact our Customer Services Team on 0845 601 9093

Warmer Homes Scheme

For those struggling to pay energy bills and keep their homes warm.

The warmer homes scheme provides attic insulation, cavity wall insulation and hot water cylinder insulation phone 0800 988 0559

Contact information

→ Warm Home Scheme

If you receive certain benefits you may qualify for a Department of Social Development grant to insulate your home or have heating installed.

Housing Executive and Housing Association tenants do not qualify.

Phone 0800 988 0559 for further information

→ Local Authorities

Many local or housing authorities have energy conservation officers who can give advice on energy efficiency. Check your local library or phone book for details or ask The Energy Saving Trust for help. Phone 0800 512 012

→ Other Advice Centres

It's always worth looking to see what help and advice is available in your local area. Age NI, Northern Ireland Energy Agency and Bryson Group are among the agencies offering a wide range of useful information and independent advice. Look in your phone book for your nearest office.

The information provided in this booklet on energy savings and energy consumption are provided as a guide to illustrate how householders might save energy. In all cases these are typical figures based on information provided by the Energy Saving Trust and other sources. Actual energy savings will vary depending on a householder's circumstances.

For more information:

Visit www.airtricity.com

or call **EST** on **1800 512 012**

or visit www.energysavingtrust.org.uk

AIR EE DEC 2010 NI