



TVV

Top 10 Energy Saving Tips



1. Turn down your thermostat

Reducing the room temperature by 1°C could reduce your heating bill by up to 10%. If you have a programmer, set your heating and hot water to come on only when required.



2. Is your water too hot?

Your cylinder thermostat should be set to 60°C.



3. Close your curtains

At dusk close curtains to stop heat escaping through the windows.



4. Turn off the lights

When you leave a room turn the lights off behind you.



5. Don't leave appliances on standby

Remember not to leave laptops and mobile phones plugged in once fully charged.



6. Fill up the washing machine and dishwasher

Fully load the washing machine, tumble dryer and dishwasher. One full load uses less energy than two half loads.



7. Regularly defrost fridges and freezers

Regularly defrosting your fridge and freezer will improve the efficiency of the appliances.



8. Only boil as much water as you need

Boiling more water than you require is a waste of energy.



9. Fix leaking taps

A dripping tap wastes enough water in a week to fill half a bath tub.



10. Energy saving light bulbs

They can last up to 10 times longer than ordinary light bulbs.

For more tips on how to reduce your energy consumption visit:

www.thamesvalleyvision.co.uk



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Top 10 Energy Saving Tips

Things I can do to reduce my energy consumption...



1. Turn down the **thermostat**
2. Check the **temperature** of my cylinder thermostat
3. Close the **curtains** at dusk
4. Turn off **lights** when leaving a room
5. Turn appliances off **standby**
6. **Unplug** laptop / mobile when fully charged
7. **Fill** washing machine / tumble dryer / dishwasher before switching on
8. Only **boil** as much water as you need
9. Fix **leaking** taps
10. Use **energy saving** light bulbs
11. _____
12. _____
13. _____
14. _____
15. _____

Date _____

Signed _____

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TVV 2020 Diary

Save money and protect the environment by reducing your carbon emission

Bracknell's Carbon Dioxide Emissions...

Travel causes around 25% of all carbon dioxide emissions

Decrease emissions by driving and flying less, using a fuel efficient car, using public transport, cycling or walking short journeys.



Energy awareness amongst employees

Increasing energy awareness amongst employees can reduce your energy consumption at work by up to 15%.

Save around £300 a year

By insulating your home, switching off lights and used appliances, turning down your thermostat, etc. you could save up to £300 a year.

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TVV 2020 Diary

The UK government is committed to reducing carbon emissions up to 20% by 2020. **What could you do to help achieve this low carbon target?**

My 2020 Low Carbon Diary...

By 2020, I shall...



- Change my appliances when they need replacing to energy efficiency rated **A or A* appliances**, e.g. dishwasher, washing machine, fridge, kettle, boiler.



- Make my home more energy efficient by replacing my windows with **double glazing**, insulating my **loft** and getting **cavity wall insulation**.



- Save water** to water the garden and wash the car by installing water butts to the house and garage drain pipes.



- Modify my **driving habits** to make my driving more efficient, saving fuel and extending the expected life of my car.



- Buy a more **energy efficient car** when it needs replacing.



- Use more **public transport**, **cycle** more, **walk** short distances.



- Encourage a **recycling** scheme at work.

- Other _____

Date _____

Signed _____

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