

# Energy Savings Tips

Small steps. A great saving for you.  
A great saving for the environment.



 [sseairtricity.com](https://www.sseairtricity.com)

 0818 40 40 70

 **sse**  
Airtricity

This is **Generation Green**

# Energy saving tips to help reduce your home energy use

Dear Customer,

We all know that small steps, like the everyday choices we make, can make all the difference to the world we want to live in. Making some small changes in how we use energy every day can help save on energy bills, as well as helping the environment.

Your energy bills are a major part of your household spend and no one likes spending more than they need to. The good news is we can help you become more energy efficient, while saving money on your bills too.

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

If you have any questions on your energy usage or bills simply call our Customer Service Team on 0818 40 40 70, where one of our advisors will be happy to help.

Thank you,



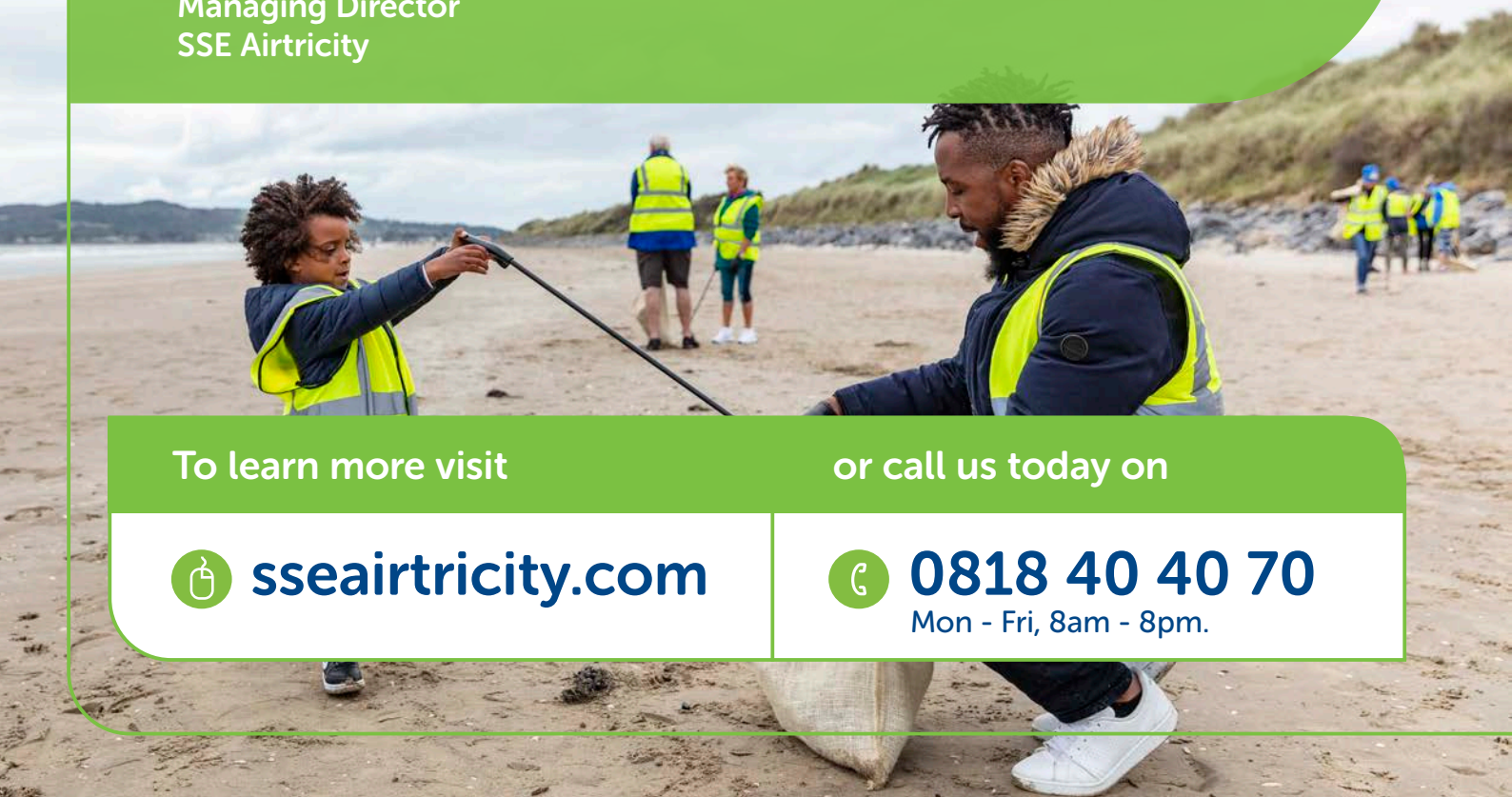
Klair Neenan  
Managing Director  
SSE Airtricity

To learn more visit

 [sseairtricity.com](https://www.sseairtricity.com)

or call us today on

 **0818 40 40 70**  
Mon - Fri, 8am - 8pm.



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Free



Low Cost



Medium Cost



High Cost



SEAI Grant Available





# Cooking tips



## Microwave

Microwaves are the most energy-efficient means of cooking, followed by slow cookers, hobs, and lastly ovens. So we recommend using your microwave as much as possible and turning it off at the wall after use to conserve even more energy.

Free



## Get steaming and save energy

Try a three-tier steamer. You can boil rice, cook fish and vegetables while only using one hob ring.

Free

Choose the hob ring closest to the size of your saucepan so as not to let heat escape, and always keep a lid on your pots and pans while cooking.



## Oven

Try to keep opening of the oven door to a minimum while cooking and remove extra shelves or tins that absorb heat which should be used for cooking.

Free



## Go big and save!

Cook big batches of food at a time, refrigerate or freeze any leftovers and use your microwave to reheat food.



## Hot food

Putting hot food in your fridge or freezer warms the whole fridge (or appliance), so let it cool first.

Free

Rethink your portion size. If your leftovers are ending up as waste, are you serving too much?

# Washing and drying



## Washing machine

When purchasing a new washing machine, look for the one with the best energy efficiency. This will save you money over the life of the appliance.



## Full load

Run your washing machine full load and wash your clothes at 30°C whenever possible.

Free



## Dry outdoors

Weather permitting, dry your clothes on the line or use a clothes drying rack. If you have to use the dryer, its helpful to fast spin clothes first to reduce the drying time.



## Ironing

Plan your ironing, so you start with clothes that use a lower temperature and end with clothes that need a higher temperature.

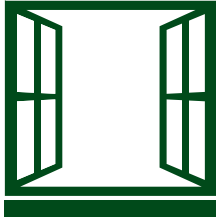
Free



## Taps

Heating water uses a lot of energy. Don't leave hot water running unnecessarily and use a basin to avoid waste.

# Dealing with draughts



Upgrading your windows and doors will mean fewer draughts and spending less on energy to heat your home. Installing draught strips around existing doors and windows is a helpful temporary measure.



Installing covers on your letterbox and key hole can help reduce draughts.

Other handy tips for reducing draughts around your home include installing a draft excluder on external doors and silicone sealing any gaps around skirtings, floorboards and window frames.









# Lighting up your home



## Lights off

Always turn the lights off when you leave the room even if it's only for a few minutes.

Free



## Bulbs

Use low wattage bulbs in hallway areas. Replace incandescent lamps with energy efficient compact fluorescents and LED lighting.



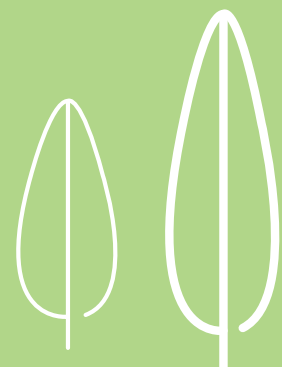
## LED

The most popular light bulbs used in homes are halogen incandescent, compact fluorescent lamps (CFLs), and light-emitting diodes (LEDs). While LEDs can initially cost more than traditional bulbs, during their lifetime they save you money because they use less energy.



## Motion sensors

Use timers or motion sensors on outdoor security lighting so they only run when required.



# Good habits for charging, switching on & plugging in



## Monitor

Use a home energy monitoring device to help you monitor and manage your energy consumption.



## Switch off

Switch off and plug out laptops and office equipment overnight to reduce energy consumption.

Free



## Power saving mode

Activate 'power saving modes' on computers and other equipment.

Free



## Charging your devices

Leaving devices plugged in when they are fully charged and while you sleep means you'll be paying for unnecessary electricity usage. Turn devices off at the plug socket, or unplug them altogether.



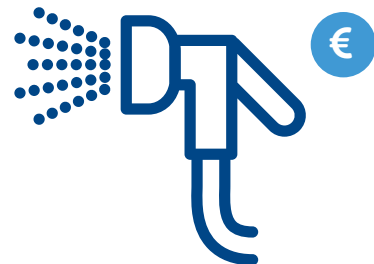
# Bathroom Tips

Free



Showers generally use less hot water than baths.

Use a low flow shower head. This saves water and the energy used to heat it.



Use radiant heat lamps to heat the bathroom area rather than fan heaters.



Use time clocks on electric heated towel rails to reduce unnecessary running time.



€



Lag hot water pipes where you can and install an insulation jacket on any poorly fitted hot water cylinders to conserve energy. Lagging cold water pipes will stop them freezing in winter.





# Appliances



## Brew Smart

We drink a lot of cups of tea in Ireland, which means a lot of kettle boiling every year. Boil the right amount of water you need when using the kettle (make sure you always cover the element of an electric kettle).

Free



## Fill before using

Your washing machine or dishwasher uses the same amount of water and energy when you run it half full as completely full, so run full loads for maximum efficiency.

Free



## Fridge door

Don't leave the fridge door open for too long while getting food. For every 10–20 seconds the door is open it takes 45 minutes for the fridge to cool down to its original temperature. Your freezer and refrigerator do better when they're full too.

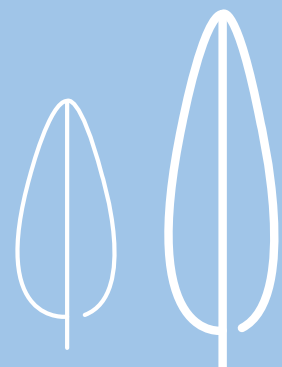
Free



## Mind the gap

Check for gaps in the fridge and freezer door seals that could let warm air in. Defrost your fridge and freezer regularly, ensuring ice is never more than a quarter of an inch thick around the ice box.

Free



# Heating your home for less



## Thermostat

Turning your heating thermostat down by 1°C can save you 10% on your heating energy use. Room thermostats should be set between 18°C and 21°C.



## Time clocks

Keep your home comfortable and have the heating on only when needed. Turn the heating off 30 minutes before going to bed and if you're using heating in the mornings, consider setting the timer to 30 minutes before you rise.



## Zone controls

With central heating systems use zone controls where possible and fit thermostatic radiator valves to all radiators.



## Drying on radiators

Drying clothes on radiators makes your heating system work harder and could cause condensation, which often created a damp problem in your home.



## Portable heaters

Using portable heaters as a main heat source for a long period of time is very expensive. Limit their use so they simply operate as a top-up.

Source:  
<https://www.seai.ie/home-energy/energy-saving-tips/>



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# Looking after your gas boiler

## Servicing your boiler



Your gas boiler should be serviced every year to keep it running efficiently, ensure it uses the right amount of gas and to avoid breakdowns. The Sustainable Energy Authority of Ireland (SEAI) recommends that you get your gas boiler serviced every 12 months\*\*.

## Keeping you safe

Regular servicing of your boiler keeps you safe, ensuring good ventilation and reducing the risk of carbon monoxide and carbon monoxide poisoning.

## Book your service

Take the time now to book your next gas boiler service, visit [sseairtricity.com/energysolutions](https://sseairtricity.com/energysolutions) or call our SSE Airtricity Energy Services Team on **0818 81 81 70**.

## Replacing your boiler



Heating accounts for about 60 percent of what you spend in a year on energy bills, so an efficient boiler makes a big difference.



### Replacing or upgrading your gas boiler will:

- Help it run more efficiently, reducing your heating costs
- Improve reliability and safety
- Improve your Building Energy Rating (BER)



Book online: [sseairtricity.com/energysolutions](https://sseairtricity.com/energysolutions)

\*\*[seai.ie/home-energy/take-climate-action/save-energy-at-home/](https://seai.ie/home-energy/take-climate-action/save-energy-at-home/)  
For terms & conditions visit [sseairtricity.com](https://sseairtricity.com)



# Electronics tips



## BER

The Energy Star rating system gives you an idea of the most energy efficient home office equipment when buying computers and laptops.



## Energy Efficient

In general the most energy efficient HDTV's are LED type followed by LCD and then Plasma.



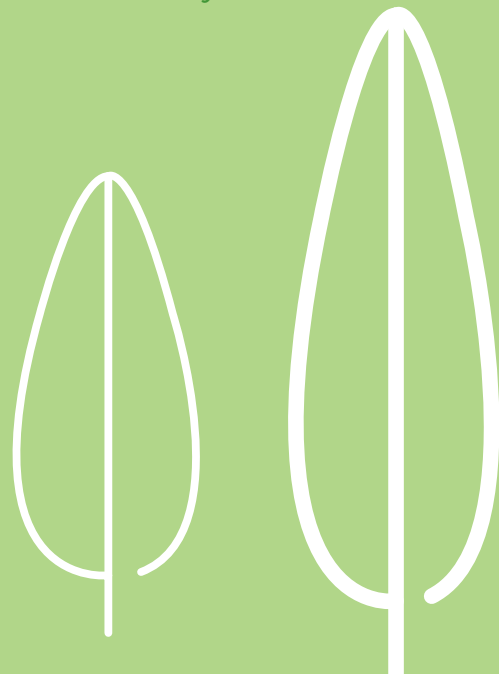
## Standby

Use Standby Reduction Devices on all non-essential appliances which automatically turn the appliance off at the wall when not in use. These are low cost devices that pay for themselves in nine months or less and will keep saving you money for years.



## Smart plugs

Smart plugs are a great way to manage your energy usage at home as they allow you to monitor energy usage for the device that its used for and you can turn appliances on and off remotely.





# Generation Green Home Upgrades

Sometimes, making our homes more energy efficient is easier said than done. No more so, than when faced with the daunting prospect of a home upgrade. SSE Airtricity has the solution for you.

We've brought together expert partners in a simplified and cost-effective process that takes all the hassle out of upgrading your home's building energy rating (BER).

Start your journey by filling in our BERWOW online calculator at [sseairtricity.com/BERWOWcalculator](https://sseairtricity.com/BERWOWcalculator)

You'll discover the current building energy rating of your home and learn how you could upgrade this rating too.

## What happens next?

### Free home assessment

Get expert advice and discuss how to phase your home upgrade in a way that suits you.

### Design and survey

A survey makes sure your home upgrade is designed specifically for you.

### Grant and applications

We take the hassle out of upgrading your home by managing all grant and planning applications.

### End-to-end project management

Our expert project management take care of all aspects of your home upgrade.

To learn more visit



[sseairtricity.com](https://sseairtricity.com)

or call our Generation Green  
Home Upgrade Team on



**0818 81 81 30**

Mon - Fri, 9am - 5.30pm.





# GENERATION GREEN HOME UPGRADE

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