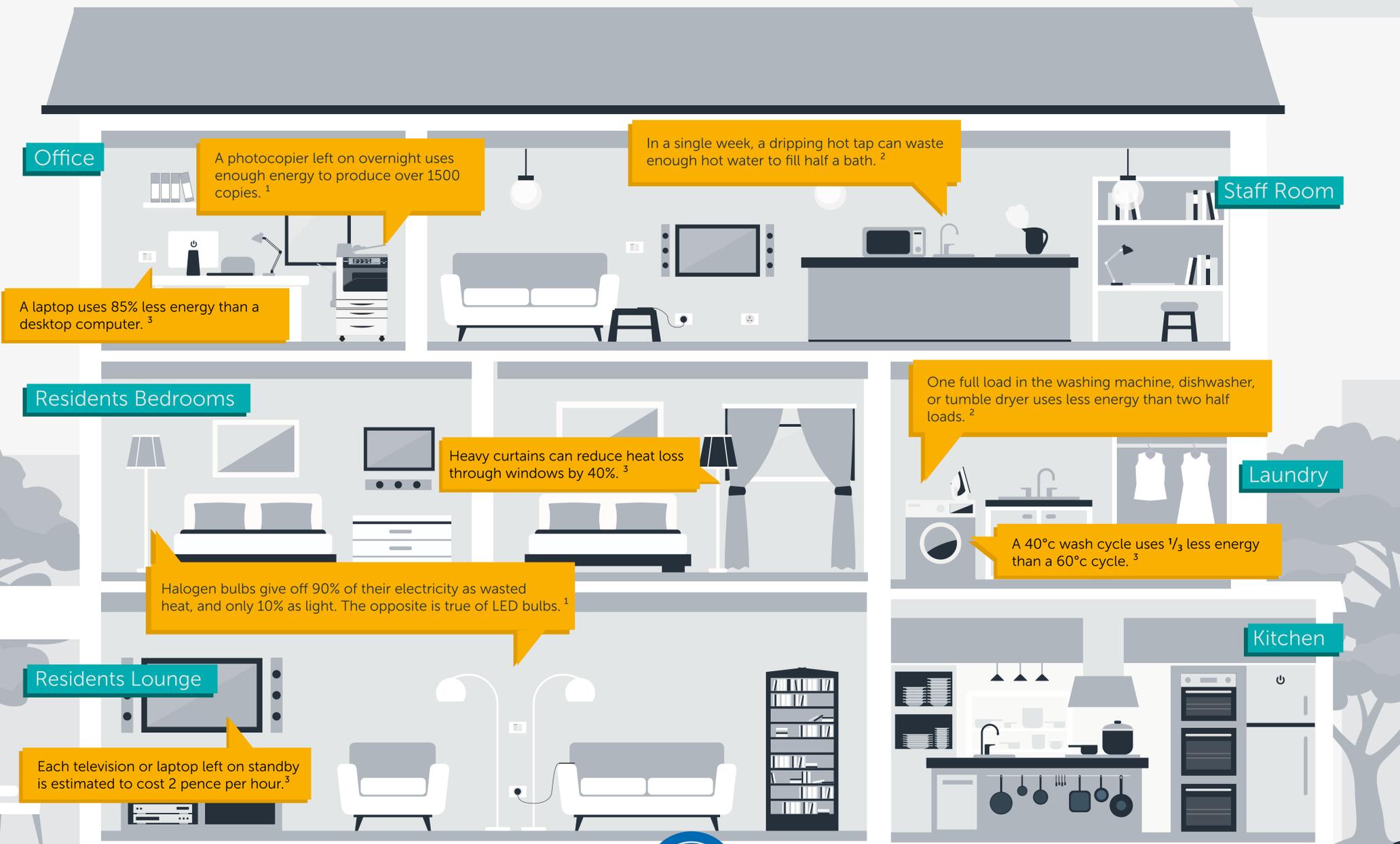


Quick Wins To Save Energy Around Your Care Home



Lights

Turn off the lights when you can, and use energy efficient light bulbs.

TV

Don't leave the television on standby.

Freezer

Defrost the freezer regularly to ensure optimum efficiency.

Furniture

Move furniture away from radiators to circulate the warmth better.

Appliances

Turn off appliances, such as microwaves and phone chargers.

Washing & Drying

Hang out washing in good weather and run dishwashers, washing machines, and tumble dryers when full.

Curtains

Close the curtains at dusk to stop the heat escaping.

Computers, Printers & Copiers

Turn office equipment off.

Washing Up

Wash up in the bowl, instead of under a running tap.

Kettle

Boil only the amount of water needed.

Energy savings around your premises.



Draught proof around windows and doors.

Use energy saving light bulbs and timer switches.

Use cavity wall insulation and insulate the loft too.

Insulate your hot water tank.

Use a timer on the central heating system to set the heating and hot water to come on only when needed.

Ensure taps are fully turned off.

Sources:

1 The Carbon Trust

2 Ofgem

3 The Green Age

