

BOSTON
borough council

...a great past, an exciting future

Save energy, Save money



Heating and Hot water – Free measures

1. Turning your thermostat down by just 1 degree Centigrade will cut your fuel bills by up to 10%.
2. Set your heating to turn off 1 hour before you leave the house and to come on just half an hour before you return to the house, this will mean that heat is not wasted on an empty house.
3. At night close the curtains to stop the heat escaping.
4. Sunshine is free, so make the most of it by opening curtains, and internal doors of any rooms which get more sun to let the warm air through your home.
5. Water needs to be hot, but never scalding. For most people, setting the cylinder thermostat at 60°C (140°F) is fine for bathing and washing.
6. Always put the plug in your basin or sink! Leaving hot water to run with the plug removed is just pouring money down the drain!
7. Use a shower if you have one and you will save time, money and water.



Low cost measures

8. Stop draughts by fixing a brush or pvc seal to exterior doors. Fill gaps in floorboards & skirting boards with beading or sealant.
9. 20p in every pound spent on energy in the home goes in water heating. A leaky tap can waste enough hot water in a day to fill a bath, so have them fixed quickly!
10. Fit aluminium foil or reflective panels behind radiators. This reflects the heat back into the room.

Washing Machines and Dryers

11. Wash at the lowest temperature to still give effective cleaning. Modern washing products are designed to work best at low temperatures.
12. Wherever possible wait until you have a full load before using your washing machine. If you do have a smaller wash, use the half load function.
13. Use the highest appropriate spin speed on your washing machine to reduce the drying time in the tumble dryer.
14. Try not to use a tumble dryer unless absolutely necessary. On dry days use an outside line.
15. Don't put really wet clothes into a tumble dryer; wring them out or spin dry them first. It will dry much faster and save you money.

Cookers and Cooking

16. Use the right size pan for the food and match the pan size to the hob ring size.
17. Keep saucepan lids on – this enables you to turn the heat down.
18. Use a kettle to boil water for cooking.
19. Avoid over filling a kettle, only heat what you need but make sure you cover the element.
20. Use a toaster rather than a grill to make toast.
21. If you have a small top oven, use it instead of the main oven for smaller items.
22. Avoid opening the oven door when in use, and replace any damaged door seals.



Dishwasher

23. Only use the dishwasher when it is full.
24. Always use the low temperature programme unless you have heavily soiled items.

Fridges & Freezers

25. Site your fridge/freezer in cool place, out of direct sun and away from the cooker and boiler. If this is not possible try to leave a good gap between them.
26. Do not open the door for any longer than necessary. It costs more to return the temperature to it's original level, than maintaining it at a constant low.
27. Defrost your freezer regularly, the more ice, the more electricity used.
28. Keep your freezer three quarters full this will keep it running at its most efficient.
29. Check the temperature inside using a fridge thermometer. Fridges should be 0°C to 4°C. Freezers should be -18°C to -6°C.
30. Avoid putting hot or warm food straight into the fridge; allow it to cool down first.
31. Check the door seal regularly, if it is damaged cold air will be escaping.

Lighting

32. Use low energy bulbs wherever you can, they use less than a quarter of the energy used by an ordinary bulb, and they last for years.
33. Remember to turn lights off when you leave a room for long periods.
34. Garden lighting – use solar powered lights, they use sunlight to charge up in the day and light up when it gets dark. They are also easy to install as they require no wiring.



Other appliances

35. Switch off appliances at the plug instead of using the “standby” function. Leaving them on standby can use almost as much electricity as though they were switched on.

SAFETY

Gas, oil and solid fuel appliances need fresh air to function properly and safely. NEVER block ventilation to the rooms they are in.

INSULATION

Nearly half of the heat in a typical home is lost through the walls and roof.

Most UK homes don't have the recommended amount of insulation, so think about:

- insulating both your loft and your cavity walls, if you're able, to save up to £180 a year on your heating bills
- making sure any existing loft insulation is the recommended 270mm thick

For details of grants and discount schemes
contact The Energy Savings Trust on

0800 512012

www.energysavingtrust.org.uk.

or Boston Borough Council on

01205 314563

www.boston.gov.uk/housing

We can provide this information in other languages and formats for example, in large print, in Braille or on audio cassette.
Please phone 01205 314308.



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