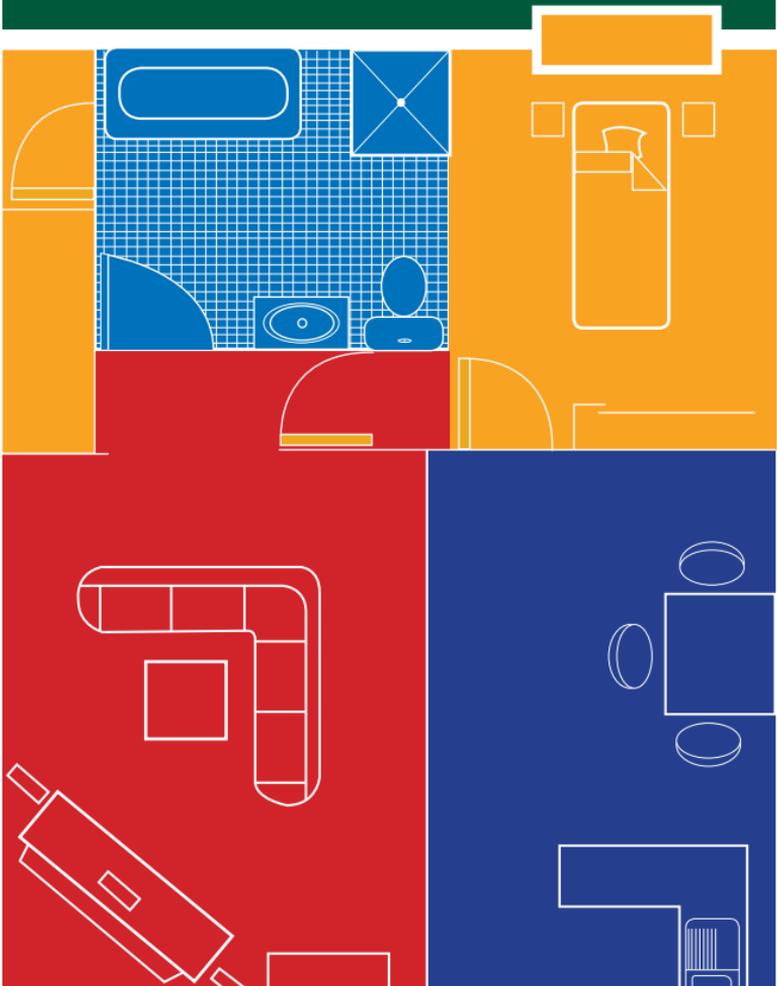


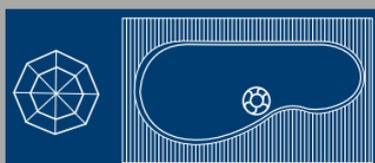
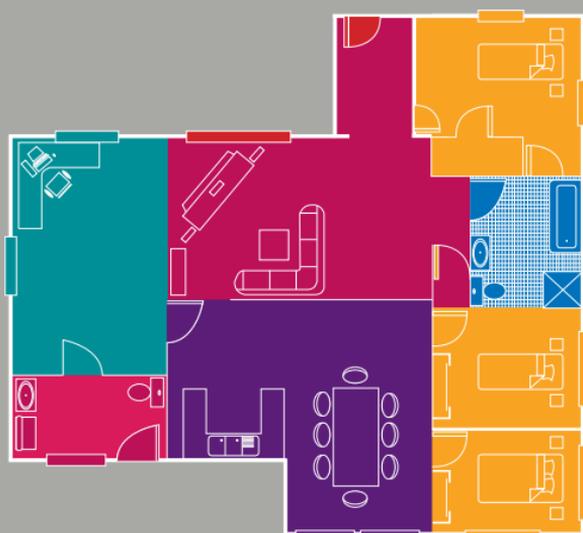
How to reduce your energy bill

# A world of savings begins at home



# Contents

	Living Room	2
	Bathroom	4
	Kitchen	6
	Home office	9
	Bedroom	10
	Outdoors	11
	Laundry	12
	Choosing energy efficient appliances	13



## Welcome home to great energy saving ideas

From the living room to the laundry, every corner of the room needs energy.

Sometimes we use more than we really need without even realising it. That's why efl has put together this booklet of energy saving ideas.

Room by room, this practical guide will show you how you can reduce your energy consumption while still enjoying your home comforts.

By changing a few habits and taking control of how to use energy you'll not only reduce your energy bill and save money, but you'll also help conserve Fiji's energy resources.

So take a walk through your home today and discover the many things you can do to help save money while helping the environment at the same time.

# Living Room

Do you clean your air conditioning filter regularly?

Do you adjust your aircon thermometer?

Saving energy in your living rooms begins with efficient light and cooling as this accounts for over one quarter of your total household energy usage.

## **Insulation**

- Have good insulation in your ceilings, walls, doors, windows and even floors. This will ease the workload of your air conditioner.

## **Carpets and Curtains**

- Carpets and it's underfelt provide good insulation.
- Curtains correctly installed in a closet pelmet create an air pocket to protect against heat.
- Closing curtains over large glass windows at night reduce aircon loss.

## **Air conditioners and fans**

- Select the warmest temperature setting.
- Keep your air conditioner clean for more efficient cooling.
- Electric fans use much less energy than air conditioners.

## **Home entertainment**

- Turn your television off at the wall and turn the power off on your DVD and/or CD player each night

## **Lights**

- Installing electronic dimmers allows you to adjust the lighting to suit your needs and lower your energy use.
- When choosing colour schemes for home interiors, remember that light colours reflect light while dark colours absorb it.
- Consider installing long lasting compact fluorescent lights. It produces the same amount of light as traditional globes but use less energy over long periods of time. It is ideal for places like stairwells and high ceilings.

# Bathroom

Do you prefer a shower or a soak in the tub?  
Is your hot water system well maintained?

Do you keep forgetting about that leaky tap? The greatest amount of a home's energy consumption is usually used on heating water. Here are a few ideas to help you get some big energy savings in your bathroom.

- Shower uses up to 20 litres of water per minute.
- A bath uses about 100 litres. Control or Restrict hot water usage in shower.

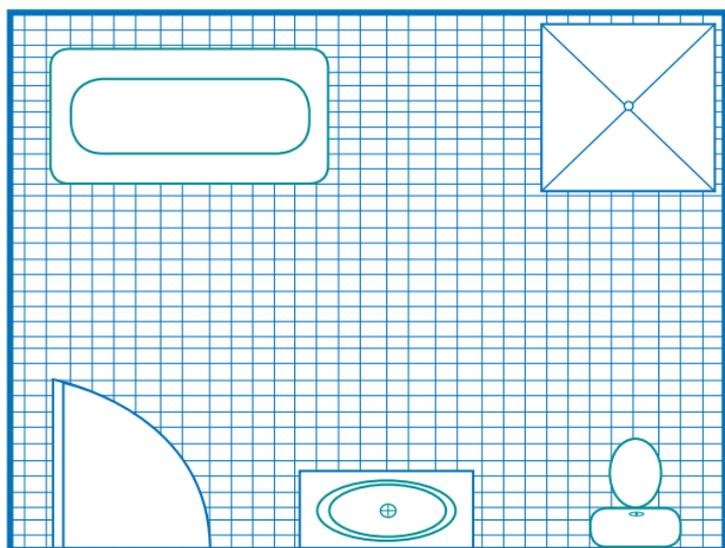
## **Taps**

- Fix dripping hot water taps quickly. An average of 45 drips each minute equates 1,000 litres (ten bath tubs) of hot water down the drain a month.

## **Hot water system**

- Insulating your hot water pipes and storage tank will cut energy waste.
- Ensure your hot water system is well maintained.

- Check pressure valves for leaks. Leaking storage tanks saturate the installation, causing large heat losses. Energy is wasted heating up water, which is leaking away.
- Defective thermostats can allow the stored water to become too hot or even boil, which wastes energy.
- Use timer to help keep cost down.



# Kitchen

Do you know when it's better to use the microwave than the stove top? Do you regularly check the seals on your fridge and oven doors? A kitchen is full of energy consuming appliances. Here are a few energy savings tips to help you get your appliances working efficiently.

## Refrigerator

- Keep your fridge defrosted.
- Stop cold air leaking out by checking the door seal\*.
- Leave space around the fridge so that the heat generated on the outer side can escape and less energy is needed to keep the fridge cold.
- In the colder months, adjust the thermostat to a slightly warmer level (still between the recommended 2<sup>o</sup>-4<sup>o</sup> Celsius.)
- Keep the condenser unit at the rear clean and free of dust.
- When going on holidays, if practical, turn off your fridge, clean it out and leave the door slightly open.
- Thaw frozen food in the refrigerator overnight.
- If you are buying new appliances, look for energy efficient models.

## Microwave

- A microwave can reduce up to 70% off your cooking energy bills and reduce your cooking time.

## Oven

- Fan forced ovens use less energy. More efficient heat distribution means lower temperatures and shorter cooking times.
- Check the seal on your oven door to prevent heat from escaping.
- Keep the oven door closed during cooking.
- Each time you open the door, the temperature can drop by 14<sup>o</sup>~ 20<sup>o</sup>Celsius.
- Maximize the use of your oven by cooking several dishes at once.

## The sink

- You don't always need to use hot water for example washing vegetables. Use cold water instead.
- Rinse extremely dirty dishes in cold water before you load the dishwasher.

## Dishwasher

- Using a dishwasher can cost less than washing dishes by hand (save hot water).
- Always wash a full load unless your machine has a part load capacity.
- Wherever possible, have the dishwasher connected to the cold water.
- You can save up to one third of your energy consumption by turning the dishwasher off before the final drying cycle. Just open the door and let them dry naturally.
- If you're buying a new dishwasher, look out for the new energy efficient models

*\*A good seal should hold a piece of paper in place when you close the door.*

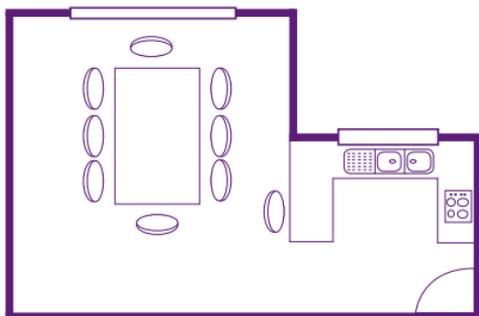
# Kitchen

## Stove Top

- Adjust the temperature level during cooking. Once the liquid has boiled, you can usually keep it simmering by selecting the lowest possible setting on your hotplate control. Any higher is a waste of energy.
- Use the right size saucepan. Flat bottom saucepans should cover the hotplate completely to minimize energy waste.
- Make the most of your heat. Turn off electric hotplates a few minutes before the food is fully cooked. Keep the lid on and the food will keep cooking.
- Use steamers and pot dividers to cook all your vegetables at once.
- Pressure cookers use 25% less energy than unsealed cooking.

## Small appliances

- Toasters, kettles, sandwich makers and mini toaster ovens save energy.
- It is cheaper to roast in an electric fry pan than in a full size conventional oven.
- Use a toaster instead of the grill to toast bread.



# Home Office

Do you put your computer to “sleep” or “power down” other office equipment when you’re not using it. Do you turn the light off whenever you leave the room?

Saving energy in your home office could start by simply remembering to turn things off at the end of each working day.

## **The computer**

- Turn off your computer and office equipment or put it in the “sleep” mode when it’s not in use.
- Remember to turn all equipment off at the end of your work day.

## **Lighting**

- The wide range of lighting options now available makes energy efficiency easy.
- Installing compact fluorescent lamps or lower wattage LED lights will save your money.
- Remember to switch off the lights when you leave, an empty room needs no light.
- Reading lamps are also an economical way of illuminating your work area instead of wasting energy by lighting the entire room.

## **Mobile phone charger**

- Once your phone is full charged, turn the charger off at the wall.

# Bedroom

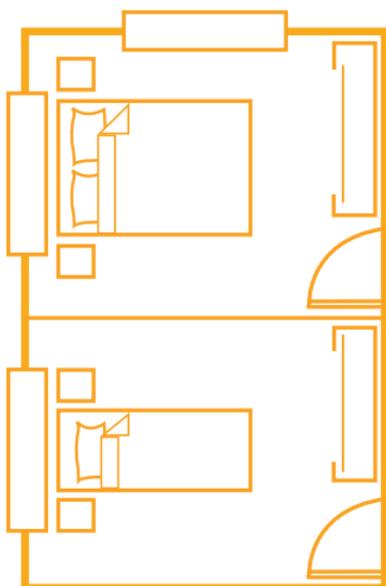
When reading in bed do you use a bedside lamp or the room light? By considering the following tips you 'll be able to save energy in your bedroom.

## Bedside Lamp

- Reading lamps are an economical way of illuminating your room instead of lighting the entire room. Just don't forget to turn it off.

## Air conditioner

- An air conditioner will use a lot of energy if you have it running all night. The more energy efficient way to get your bedroom at the right temperature for you is to turn the air conditioner on about 30 minutes before going to bed and then turning it off at bedtime.
- Consider using fans instead off an air conditioner.



# Outdoors

Do you clean your pool filter regularly? Do you sometimes forget to turn off the outside lights at night? Does your home feature window awnings? Big energy savings are possible both inside and outside your home.

## Window awnings

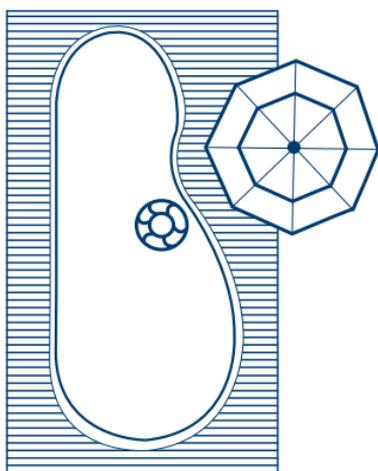
- Install suitable awnings or shutters over “hot” windows. Effective glass shading can reduce heat entering through a window by as much as 80%.

## The Garden

- Plant trees around your home for some natural air conditioning.
- This will also shade the house and keep it cool.

## Outdoor lighting

- Outdoor lights are easily overlooked and should be switched off after use.
- A Sensor light that turns itself off automatically is an energy efficient choice.



# Laundry

Do you toss your clothes in the tumble dryer even when it's a sunny day? Do you only use your washing machine when you have a full load? With a few energy efficient appliances you could save loads of energy in the laundry.

## Washing machine

- Check your machine's energy saving features.
- If you can adjust the water level to "low", you can wash a partial load more economically.
- Use the cold water setting and save hot water.

## Clothes dryer

- Let the sun do the work. Using a clothesline not only saves energy but also reduces wear and tear on your clothes.
- Check your machine's recommended load.
- Underloading or overloading can use more energy than is necessary.
- If possible, choose a warm setting than hot as it's gentler on your clothes.

## The iron

- It is not economical to turn the Iron on for just one item. Where practical, save the ironing until you have several items and do them all at one time.

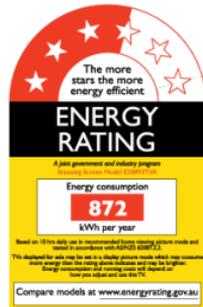
## Lights

- If a bright light is not needed, use low wattage lamps. A 75 watt globe really does use 25% less electricity than a 100 watt globe.

# Choosing energy efficient appliance

## Look for the Energy Ratings Labels

These labels display one to six stars. The more stars in the red region the more energy efficient the appliance. The number in the square indicates how much actual energy the appliance is likely to use in a year. While an energy efficient product may cost more initially, it will probably cost you less in the long run.



## How much does it cost to run?

- Electricity is measured in kilowatts hours(kWh).
- 1kWh=1,000 watts used in one hour. So a 100 watt light globe takes 10 hours to use one kWh.
- To calculate the running cost of any appliance for one hour you need to know its electrical rating in watts. Most appliances have this information on the nameplate. For example a refrigerator is rated at 2,400 watts(2.4kW) In one hour it uses 2.4kWh at 33.10 cents per unit(1 unit=1kWh). So the total cost to run your Refrigerator for one hour should be 79 cents (VEP). (ie: 2.4kWh × 33.10 cents).

## Important:

To work out how much an appliance costs to run for your billing period, simply multiply its running cost per hour by the approximate number of hours you use it over the billing period.

## Like to know more?

### For further information contact:

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