Support material #11:
Energy efficiency tips

Did you know that an average Australian household produces approximately 15 tonnes of greenhouse gases each year?

Here are some facts and tips on how your household could use energy more wisely and, in the process, save money, energy and greenhouse gases.

These energy tips and many others can be viewed on the Origin energy efficiency website at www.originenergy.com.au/calculator

Bedroom

Did you know?

- Two per cent of an average household's total energy costs are spent on lighting.
- A desktop computer used for eight hours per day can generate up to 350 kg of greenhouse gases per year.
- A computer screen uses more electricity than the processor.

Energy efficiency tips

- Turn off all appliances, including the computer screen, television and lights when not in use.
- Switch on electric blankets half an hour before getting into bed and switch them off when you get in.
- Turn off your computer screen if you are going to be away from it for longer than 10 minutes.
- Always use the powersave or sleep function on your computer.

Bathroom and laundry

Did you know?

- The average family spends up to $400 each year on hot water, thereby contributing approximately 5 tonnes of greenhouse gas into the atmosphere.
- A typical family spends up to $150 each year on clothes washing and drying from which it generates up to 1.5 tonnes of greenhouse gases.
- Front-loading automatic washing machines use much less energy and water than top loading automatics and can reduce costs by up to 15 per cent.
- A saving of about $100 per year can be achieved by using the sun and wind to dry your clothes.
- Small appliances, such as radios and clocks, account for 5 per cent of a typical household's energy bill.

Energy efficiency tips

- Fix dripping hot water taps and replace leaking plugs.
- When washing or shaving use a plug in the basin.
- Have short showers (approximately three minutes) instead of baths and save about $20 per person per year.
- Choose a high-efficiency hot water system for your home.
- Only use the clothes washer or dryer when fully loaded, as the same amount of electricity is used for either a full load or a single item.
- Use cold water instead of hot or warm water to wash clothes and reduce your energy use by 80–90 per cent.
- Keep the lint filter in your dryer clean, a clogged filter means more energy is consumed.
- Don't put soaking wet clothes into a dryer, remove as much moisture as possible beforehand.
- Don't over-dry clothes, use the minimum amount of time required.
- When ironing, set the temperature according to the fabric.
- Do all of your ironing at once to avoid wasting energy by reheating the iron several times.
- Minimise the amount of ironing required by removing clothes promptly from the dryer and carefully folding them.
- Avoid unnecessary use of appliances and remember to turn them off when no one is using them.

Kitchen

Did you know?

- Eight per cent of the average household's total energy bill is spent on cooking, which can add up to $150 each year and can generate up to 2 tonnes of greenhouse gas emissions.
- Choose kitchen appliances that are energy efficient as they can save up to half the energy dollars you spend on cooking. Remember, the more stars on the energy rating label the more you save on running costs.
- A typical family can spend up to $100 each year on dishwashing and generate up to 1 tonne of greenhouse gases.
- Microwave ovens use approximately 70 per cent less energy than full-size ovens.

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- A typical household can spend up to $220 each year on the electricity used by refrigerators and freezers and contribute over 2 tonnes of greenhouse gases into the atmosphere.
- Of the average household's energy cost, 9 per cent is spent on freezers and refrigerators.

Energy efficiency tips

- Keep lids on pots when boiling food.
- Thaw frozen foods before cooking and save approximately 15 minutes cooking time per 500 grams.
- Avoid opening the oven door during cooking as the temperature drops by 14–20°C each time.
- Keep the refrigerator temperature setting between 3°C and 5°C, even 1°C lower will use 5 per cent more energy.
- Only preheat the oven if absolutely necessary.
- When boiling the kettle, only use as much water as you need.
- On range hoods use the lowest effective fan speed.
- Run the dishwasher only when full and reduce the number of loads per week.

Living room

Did you know?

- Heating accounts for around 50 per cent of a typical household energy bill.
- A large television switched on for eight hours per day generates 350 kg of greenhouse gases per year. More energy efficient models generate half as much greenhouse gas and smaller televisions generate one third as much.
- The cost of running an air conditioner for a large house could add as much as $500 to the summer electricity bill.
- Televisions, VCRs, DVDs and stereos, when in standby mode, can generate up to 150 kg of greenhouse gases per year.

Energy efficiency tips

- Turn off the TV, VCR and DVD at the unit or power point rather than leaving them on standby and using the remote control.
- Use the lowest wattage light globe needed to adequately light up an area.
- Avoid using multiple globe fittings.
- Avoid having several lights activated by one switch.
- Use space heaters when you need to heat only a single room.
- Close doors to separate heated from unheated areas in your home. Seal out draughts with a door sausage.
- On a hot day close all blinds, curtains, windows and doors to keep the heat out and the temperature down.
- Turn off heating overnight and when you are out during the day.

Garage

Did you know?

- Running a large home workshop with heavy equipment in your garage can cost up to $240 per year.
- A second refrigerator in the garage can cost an extra $120 per year for a single-door model and up to $180 for a two-door model.
- An extra refrigerator can generate up to 1.5 tonnes of greenhouse gases.

Energy efficiency tips

- Turn off tools and the refrigerator at the power point when they are not being used.
- Tubular fluorescent lights are ideal for garages. They are cheaper to run than compact fluorescent globes.

Backyard

Did you know?

- A swimming pool filter pump can cost up to $75 each year, a swimming pool heater (natural-gas fuelled) up to $440 each year, a spa between $75 and $200 each year and a sauna up to $75 each year.
- While the average household will use most of its energy for appliances used indoors, outdoor appliances can have a surprisingly large effect on energy bills.
- Photo-electric switches automatically switch lights on and off at night time and daytime, that is, when the light level falls and when the light level rises.

Energy efficiency tips

- Use a solar pool heater to heat a swimming pool or spa.
- When the pool or spa is not in use, cover it with a pool blanket.
- Install programmable timers, daylight sensors or motion sensors to control outdoor and security lighting.
- Turn off lights when not in use.