Print this out & stick it on your fridge

Energy saving action plan

There are many low-cost steps you can take right now to reduce your household energy use with minimal effort. Give it a go and see how small changes in habits can save you money without sacrificing comfort.

- Get everyone in your household involved and tick the actions you agree to commit to.
- Compare your energy use with the same time in the previous year to see the difference your changes are making in each season.

Heating	Cost*	Effort*	Savings*	✓
Only heat the rooms you're using – shut doors to other rooms	-	★	☺☺	
Turn the heater off overnight & when you're out	-	★	☺☺☺	
When it gets chilly, use a heated electric throw instead of a portable heater	$	★	☺☺☺	
Keep your thermostat below 20°C – each degree higher uses about 5–10% more energy	-	★	☺☺	
Use a draft stopper & seal up gaps to keep out the cold	$	★	☺☺	
Install curtains or blinds to reduce heat loss through glass	$$	★★	☺☺☺	
Check if your ceiling insulation needs replacing – if so, ensure it has the right rating & is installed correctly	$$$	★★	☺☺☺	

Cooling	Cost*	Effort*	Savings*	✓
On hot days, close curtains or blinds to keep heat out	-	★	☺	
Use air con for an hour less on hot days	-	★	☺☺	
Use ceiling fans instead of your air con on days when it hits 28°C or more	-	★	☺☺	
Set some ground rules – try using air con only when the temperature goes over 28°C	-	★	☺☺	
Avoid using air con at night (unless you need to for medical reasons) & use a fan instead	-	★	☺☺	
Keep your thermostat on or above 25°C – every degree cooler uses about 5–10% more energy	-	★	☺☺	
Open doors & windows to ventilate your house at night when the outside temperature drops	-	★	☺☺	
Install external blinds or awnings to keep out the heat	$$	★★	☺☺	

Lighting	Cost*	Effort*	Savings*	✓
Use natural lighting where possible	-	★	☺	
Turn off lights when you leave a room	-	★	☺	
Use a couple of lamps with LEDs instead of your downlights	$	★	☺ ☺	

Appliances	Cost*	Effort*	Savings*	✓
Ditch the dryer & dry your clothes on a washing line or clothes rack instead	-	★	☺ ☺ ☺	
Switch off appliances at the wall when not in use to avoid paying for standby power	-	★★	☺ ☺	
Use a radio instead of the TV for background noise	-	★	☺	
Try not to open the fridge door too often or for too long	-	★	☺	
Check your fridge & freezer seals & clean or replace them if needed	$	★	☺ ☺	
Add bottles of water to the freezer to minimise airflow & leave space in your fridge to maximise it	-	★	☺ ☺	
If you have a second fridge, turn it off when it's not needed	-	★	☺ ☺ ☺	
If you're making a cup of tea, only heat the amount of water you need	-	★	☺	
Use the toaster for toast, not the grill	-	★	☺	
Keep a lid on simmering pots when cooking	-	★	☺	
When buying new appliances, check the energy rating label to choose the most energy-efficient model that suits your needs – the more stars, the less energy the product will use	$$	★★	☺ ☺ ☺	

Hot water	Cost*	Effort*	Savings*	✓
Wash your clothes in cold water if you can – if your machine needs both hot & cold, set it to 60°C	-	★	☺ ☺ ☺	
Only run the washing machine when there's a full load, or set the water level to the amount of washing	-	★	☺ ☺ ☺	
Only run the dishwasher when it's full	-	★	☺ ☺ ☺	
Take shorter showers – aim for 4 mins using a timer	-	★	☺ ☺	
Turn off your hot water system or change it to 'vacation' when you go on holiday	-	★	☺ ☺	
Replace your standard showerhead with a 3-star water-efficient showerhead	$	★	☺ ☺	
Fix dripping taps, especially hot water taps	$	★★	☺ ☺	
Install a heat pump or solar hot water system	$$$	★★★	☺ ☺ ☺	

Key		
Cost	**Effort**	**Savings**
- = none		
$ = low	★ = low	☺ = low
$$ = med	★★ = med	☺ ☺ = med
$$$ = high	★★★ = high	☺ ☺ ☺ = high

*The cost, effort and savings shown in the tables above are an indication only and will vary depending on a number of factors, including which state you live in, your network distributor, your energy pricing and the cost and energy efficiency of your appliances.

Household energy consumption varies depending on type, size, age and usage of appliances, the size, insulation and layout of the home and the number of people living in the home. This means the savings will vary from household to household.

From **Smart ways to save**, energy efficiency tips you can use around the home. See **originenergy.com.au/energytips** and our blog at **originenergy.com.au/energyefficiency**