

Energy in the Home

The domestic sector accounts for 25% of energy consumption.

Energy use in the home is responsible for 30% of energy related carbon dioxide (CO₂) emissions which is a primary contributor to global warming.

The average energy bill in the home can range from €650 to €2,000 per year.

There are many simple ways to use energy more efficiently that will save you money, make your home more comfortable and benefit the environment.

20% of your energy bills can be saved every year by taking some simple actions described in this leaflet.

Efficient Lighting

- Use energy efficient light bulbs (CFLs) instead of traditional bulbs - they use 1/5th the energy and last up to 10 times as long.
- Turn off lights in empty rooms and corridors - This can save up to 15% of your lighting bill.
- Use daylight - It's free, so keep windows and skylights clean and clear and adjust your curtains or blinds to let in as much light as possible during the day.
- Clean light fittings annually as dirt reduces lighting efficiency.



Heating & Hot Water

- Too hot? Set the thermostat at 19°C - costs rise by 8% for every 1°C increase.
- Reduce heating when you are away from the house, for example holidays and weekends.
- Keep radiators clear, don't block radiators with furniture - it reduces efficiency and output.
- Fit reflective panels behind radiators on outer walls.
- Keep windows closed in cold weather. If you are too warm, turn the heating down instead.
- Close your curtains at dusk to stop heat escaping through the windows.
- Fit a lagging jacket - lagging your hot water cylinder will keep the water hotter for longer and pay for itself in 2-3 months.
- A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off!
- Use a low-flow shower head to save water.
- Hot water: For most people, setting the cylinder thermostat at 60°C/140°F is fine for bathing and washing.
- Plug it: Always put the plug in your basin or sink. Leaving hot water to run straight down the drain really is throwing money away.



Household Appliances

- Only boil as much water as you need (but remember to cover the element if you're using an electric kettle).



- Use a microwave instead of the oven and the toaster instead of the grill when possible.
- Televisions, videos, stereos, and computers: Cut down on wasted energy, by switching appliances off completely rather than leaving them on standby.

Fridges

- Don't leave the door open for longer than necessary, cold air escapes.
- Avoid putting hot or warm food straight into the fridge by allowing it to cool down first.
- Defrost your freezer regularly to keep it running efficiently and cheaply.
- When defrosting, put frozen food in the refrigerator.
- If you have your fridge next to a cooker or boiler, leave a good gap between them.

Washing machines and tumble dryers:

- Always wash a full load and if you can't use a half-load or economy programme.
- Always use the low temperature programme bearing in mind that modern washing powders will be just as effective at lower temperatures.
- Dry clothes on the line when the weather is dry.
- Wringing out or spin-drying really wet clothes before putting them into a tumble dryer will save you money, and they dry faster.

Draughts and Insulation

- Insulate your attic - attic insulation will keep the heat in your home for longer and pay for itself in 2-3 years.



- To eliminate draughts and wasted heat use an easy-to-fit brush or PVC seal on your exterior doors.
- Stop draughts and heat escaping through floorboards and skirting boards by filling gaps with newspaper, beading or sealant.
- Seal the attic door with draught proof tape to prevent heat escape.
- Make sure your windows are draught proofed. A low cost, short-term alternative to double-glazing would be to tape polythene across window frames.

Things to Remember

- It's very important to ensure that any appliance, including cookers or boilers, have enough ventilation to operate safely.



- Do not block up existing air vents or grills, they are there to ensure your safety.
- Make sure any chimneys and flues being used by appliances burning fuel (gas, coal, oil, wood etc.) are regularly swept and checked for blockages.

Your Local Energy Agency

The Carlow Kilkenny Energy Agency was established by Carlow and Kilkenny County Councils to provide sustainable energy information and services to the people of Carlow and Kilkenny, to local businesses and community groups and to the Local Authorities.

Information on energy efficiency, renewable energy and building energy rating is available by contacting the Carlow Kilkenny Energy Agency.

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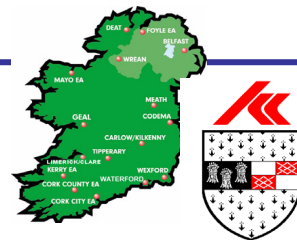
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Save on Energy Costs

Energy management for your home



- Save on heating & electricity costs
- Improved comfort and healthier homes
- Reduced greenhouse gas emissions

Your Local Energy Agency

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