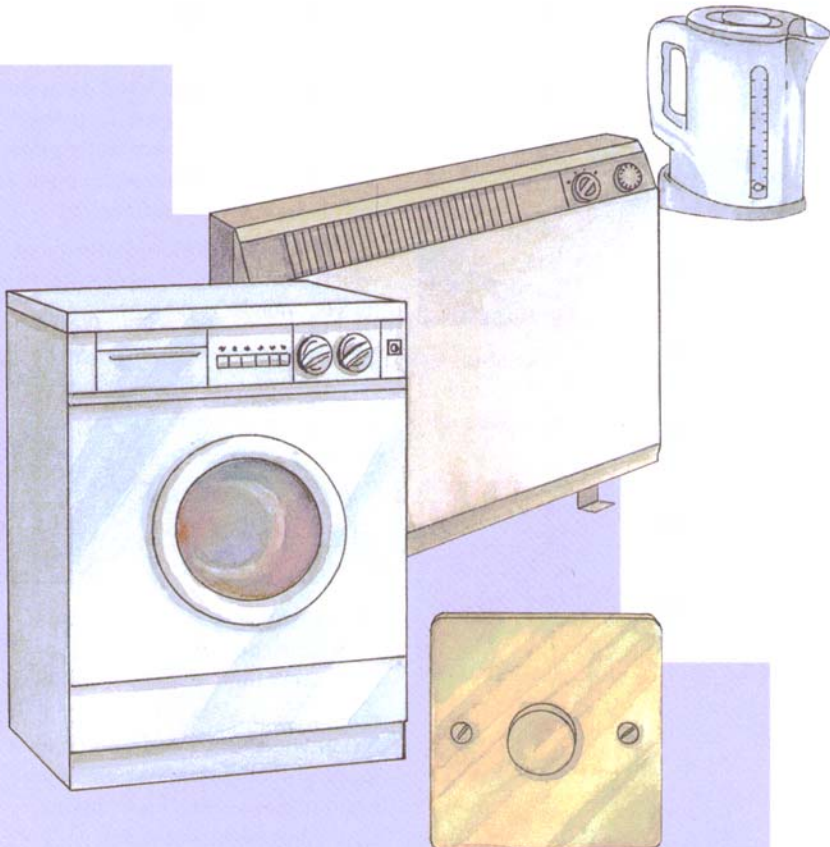




**Guernsey
Electricity**

Electricity and You

USING ENERGY WISELY



SPACE AND WATER HEATING

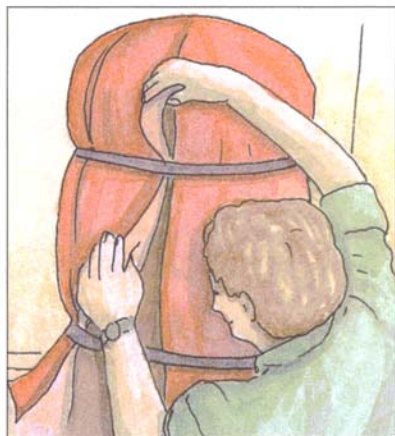
For many people home heating and water heating is where the biggest savings can be made.

Insulating the loft, walls and draught-proofing external doors and windows (where possible) will save you £££s. Ask for our leaflet *Electricity and You – Warmth Without Waste*.



Turn thermostats or heater controls to **lower** settings – a reduction of only 1°C could cut heating costs by about 10%!

Drawing curtains stops a lot of heat escaping; makes you more comfortable too. Keep doors closed.



Tuck up your hot water tank with an 80 mm lagging jacket. Lagging jackets cost from around £9 and could save you enough hot water for an **extra** 16 baths a week ... or the cash equivalent! Lag hot water pipes to stop heat loss – cold water pipes as well to protect against freezing!

Ask your Electricity Company about which tariff would be most suitable for your needs.



Electric showers use less hot water than baths, but when you have a bath, don't fill it fuller than you need.

Never wash hands or dishes under a running hot tap. Put the plug in the basin or use a bowl. Fix dripping taps – they waste hot water.

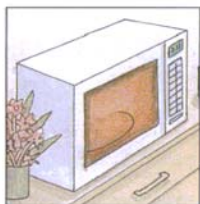
HERE'S HOW TO SAVE WITH COOKING

Match pan and ring sizes. Make full use of dual rings. Try cooking more than one vegetable in the pan – special segmented pans are available. Pressure cookers can save electricity when used for complete meals.

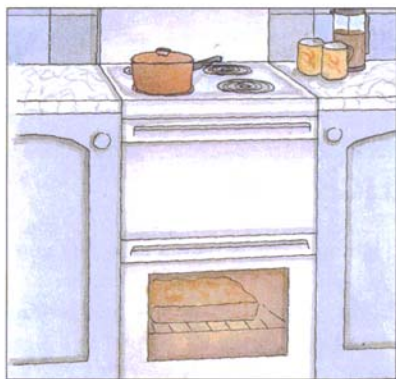
Electric kettles are cheaper than using cooker rings for boiling water. Don't boil more than you need – but always cover the kettle element.



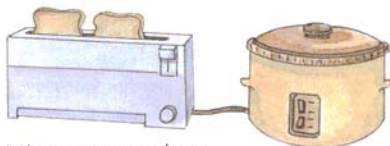
Whenever possible, fill the oven to capacity. If you have a freezer, cook more than your immediate needs and freeze the rest for later. Have a good 'bake-in' once a week or month.



Try cooking a complete meal in the oven – a casserole or roast in one dish, vegetables in another and a baked sweet in a third. Tasty potatoes in their jackets cooked on the shelves are a good idea too. Don't open the oven door unnecessarily.



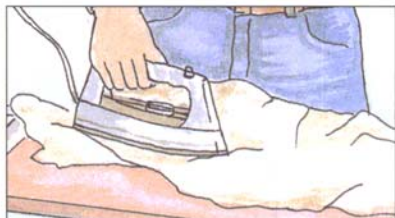
If you just want toast it is more economical to use a toaster. Small electric appliances like contact grills, slow cooking pots and multi-purpose cookers often use less electricity than conventional cookers.



Microwave cookers are fast and cheap to run, so if you've got one, use it as much as possible – not just for frozen food but fresh food too.

HOW TO BE ENERGY-WISE WITH HOME LAUNDRY

Save up a full load in your washing machine or tumble dryer, but don't exceed recommended loadings. Look for washing instruction labels on new garments.



LIGHTING

Lighting costs you very little, but you can still make savings. Switch off lights when you can but don't overdo it and risk accidents. Dimmer switches help reduce electricity consumption and provide attractive lighting.

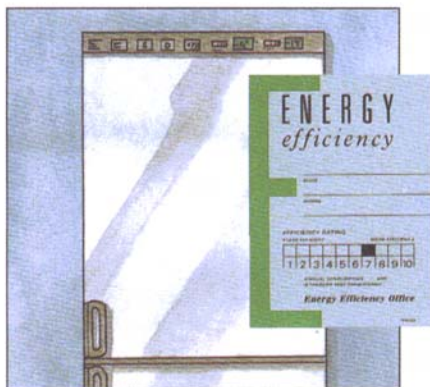
You get the same amount of light for about a quarter of the cost with fluorescent lamps, they are ideal for kitchens. The latest compact fluorescent lamps offer similar cost savings and have a very long life. They can be used to replace traditional tungsten filament lamps and are most suitable where lighting is required for long periods, the lounge for example. Dimmer switches should NOT be used with fluorescent lamps.

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FRIDGES AND FREEZERS

Wise use of your fridge and freezer can save money. Use a special thermometer to check temperatures, refrigerator 5°C, freezer (-)18°C. The thermostat may be set incorrectly. Try to keep the freezer full. Do not put hot food in the fridge or freezer, always allow to cool before storage. Open doors only when necessary and defrost the freezer regularly.



Look out for the distinctive green Energy Efficiency label when purchasing a new model.

