



# Energy Saving Tips

## Room Heating and Hot Water

**Reducing the temperature of your thermostat by 1°C can reduce your energy costs by 10%**

A reflecting panel behind your radiators can prevent up to 25% of heat loss into the wall.

Fitting Thermostatic radiator control valves (TRVs) on each radiator allows more control of the temperature in each room, than using only the central thermostat.

TRVs are marked with \* and numbers 1 to 5. The \* is the frost setting (this will leave the radiator off unless the temperature falls below 6°C).

In the Living room set the radiator to 3 or 4 (about 18 - 21°C).

In bedrooms a temperature of around 15-17°C (setting 1 or 2) will suffice. Higher temperatures dry out the nasal passages and prevent a good night's sleep.



Hall and stair temperatures should be kept cool (11 °C). Doors should be kept closed in heated rooms

Pensioners and the infirm are more prone to health problems from cold and their surroundings should be kept higher at (21 - 24°C).

When going on holiday turn the thermostat down to 5°C. This will prevent pipes bursting.

Pipes burst when frozen water melts. Water is least dense at 4°C and this expansion causes the pipes to split. Keeping the air temperature at 5°C avoids this risk.

Is your water too hot! Your cylinder thermostat shouldn't need to be set higher than 60°C/140F. 60°C is the temperature needed to kill bacteria in the water.

Fit a tank jacket around your hot water tank. Fit a British Standard jacket that's at least 7.5cm thick. It will cost around £10 and will give a saving of £10-£15 a year.

Hot water pipes can be insulated to stop heat escaping from them. The best pipes to insulate are the ones between the boiler and hot water cylinder. Cost: around £1 per metre.

Replacing a 15-year old model could save you over 20% on your fuel bills, around 32% if you're installing a condensing boiler and up to 40% if you also install good heating controls.

If you have an unused fireplace - use a chimney balloon to prevent heat loss up the chimney.

Prevent draughts. Fill any gaps in floor boards with newspapers or silicon sealant. Fill any gaps in skirting boards with silicon sealant.

Keep your feet warm with rugs on hardwood and tile floors.