

# TOP 10 TIPS FOR ENERGY REDUCTION

*Reducing your energy consumption helps both the environment and your pocketbook. The creation and transportation of energy has negative effects on the environment. The Canadian average is nearly 1.5 times higher per capita than the G8 country average for energy use. Worldwide, Canada is ranked as one of the top ten worst energy consumers per capita. Here are some target areas to help combat energy consumption.*

## 1. **Draft Proof Your Residence**

Seal and insulate any cracks or gaps. Heating and cooling the house accounts for a large percentage of Ontarians' energy consumption. Make sure outside walls are properly sealed and insulated.

## 2. **Kill the Power Suckers**

Many electronics are built with a standby mode or sleep mode. The average house wastes 15% - 20% on idling electronic devices. Hook your computer and entertainment system up to power bars and turn them off when not in use to eliminate phantom loads.

## 3. **Light Brightly**

Replace incandescent light bulbs with compact fluorescent light bulbs (CFB). CFB's use less than one third the power and have a much longer life expectancy. Make sure to turn the lights off when you leave a room. In fixtures that hold more than one bulb, try unscrewing some of the bulbs to see if they are really needed.

## 4. **Control the Temperature**

In the winter set your thermostat to 21°C (72°F) or lower. Install a programmable thermostat to automatically turn down the temperature when you are sleeping or out of the house. In the summer, if you use an air conditioner, set it to 76°F or higher. (72 is ridiculous – we have ours at 66 or 67 at the most. It should be 18 °C or 68 °F. If you are going to use numbers, you can say turn down the thermostat instead of saying a number.)

## 5. **Wash Full Loads**

Only run your washing machine or dishwasher when you have full loads. Let dishes air dry, and select the correct setting for washing (are you washing pots and pans?). Invest or make an indoor drying rack or use a clothesline to dry your laundry.

## 6. **Water Heater**

Insulating your water heater with a fibreglass insulation blanket will reduce heat loss by up to 45%. Wrap your pipes with at least one metre (3 feet) pipe insulation for increased savings. Wrapping your pipes will reduce heat loss and could raise water temperature up to 2° Celsius (4° F) higher than uninsulated pipes. Turn down the thermostat on your water heater to 49° Celsius (120° F). Install a low flow shower head and wash your clothes in cold water to also reduce your draw on the water heater. Consider installing an on demand gas water heater.

**7. Energy Efficient Appliances**

The past 15 years have seen many advancements improving energy use by major appliances. For example, a standard fridge in 1990 would use 947 Kwh/yr compared to an energy efficient fridge of 2005 that uses 408 Kwh/yr. When purchasing a new appliance, look for the Energy Star rating. (This stat is 4 years out of date.)

**8. Air Movement**

Ceiling fans are an excellent way to reduce your household heating and cooling costs. During the summer months, make sure the fan is set to forward (counter-clockwise) to blow the cool air down. For the winter months, reverse the fan (clockwise) at a low speed to circulate the warm air down. Ceiling fan use can save money on your heating / cooling bills. During the winter months, heating costs can be lowered by up to 10%. During the summer months, air conditioning costs can be lowered by 40%. Make sure to turn off exhaust fans when not needed and ceiling fans in the summer when you leave the room.

**9. Arrange Power Use**

Most appliances in your residence use a motor. Starting an appliance generally uses over twice the energy as opposed to running the appliance at normal operation. Plan your appliance usage around multiple jobs. Try to manage all your your baking for the week in one day. By batching your jobs to minimize start-ups or power-ups energy use will be reduced and will lengthen the life of your appliance.

Also choose the appliance that is most efficient for the task. Microwave ovens are more energy efficient than electric ovens or range tops. Gas appliances are generally more energy efficient than electric ones.

**10. Audit and Plan**

The best way for each individual to reduce their energy use is by examining personal use. There are several tools and references available to help monitor usage. After examining your energy use, set up a plan to target your higher waste areas. Start with no to low cost fixes first then use your savings from your gas and electric bills to upgrade your residence.