



It's a fact that carbon dioxide emissions from our homes is one of the reasons for causing the temperature of the earth to increase. Met Office figures show that the 10 warmest years on record have all occurred since 1994.

In order to contribute to the slowing down of the rise in the temperature of the earth, we all need to consider using less energy to help to reduce the levels of carbon dioxide emissions in the atmosphere, we will also save money!

**You can reduce your households carbon emissions by around two tonnes, at the same time you could reduce your yearly energy bill by as much as £300 by following some simple measures...**

- ✓ Turning your thermostat down by 1°C could cut your heating bills by up to 10 per cent and save you around £30 per year
- ✓ Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C
- ✓ Close your curtains at dusk to stop heat escaping through the windows. You could save up to £15 a year on your fuel bills
- ✓ Always turn off the lights when you leave a room
- ✓ Don't leave appliances such as TVs, stereos and computers on standby and remember not to leave appliances on charge unnecessarily. This uses almost as much electricity as leaving them fully switched on
- ✓ If you're not filling up the washing machine, tumble dryer or dishwasher, use the half-load or economy programme

- ✓ Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle)
- ✓ 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!
- ✓ Replace your light bulbs with energy saving recommended ones. Just one can reduce your lighting costs by up to £100 over the lifetime of the bulb - and they last up to 12 times longer than ordinary light bulbs.
- ✓ Keep lids on pans when cooking
- ✓ Take advantage of the grants and discounts available for installing loft and cavity wall insulation and make your home warmer and more energy efficient.
- ✓ Fit a shelf above a radiator or storage heater to deflect its heat into the room.
- ✓ Use your heating controls properly. You should aim for 21°C in the living room and 18°C in other rooms.
- ✓ Make sure there is enough ventilation around fridges and freezers so that they can work efficiently. There should be a gap of about 4 inches between the back of the fridge and the wall.



- ✓ If you need to buy any new electrical appliance, buy a 'A' rated one as they are the most energy efficient.
- ✓ On average 25% of household heat is lost through an un-insulated roof. Reduce this by insulating your loft with 270mm (10 inches) of loft insulation.
- ✓ Cavity wall insulation will help to cut your fuel bills further. 35% of household heat is lost through un-insulated walls.
- ✓ Fit draught proofing strips around wooden door and window frames.
- ✓ Fit letterbox flaps and keyhole covers to reduce draughts.
- ✓ Fit an insulating jacket around your hot water tank to save energy and reduce water heating costs.

## For further information about energy efficiency please contact:

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 Documents on our website can also be emailed to you as plain text files.**

**Help is also available for people who require council information in languages other than English.**

**For more information contact: 01934 426 686 or [kim.herivel@n-somerset.gov.uk](mailto:kim.herivel@n-somerset.gov.uk)**