

CONSERVE ENERGY AND SAVE

USE OUR CHECKLIST TO MAKE ENERGY-SAVING CHANGES AT HOME AND SAVE MONEY.

GENERAL

- Change old light globes over to energy efficient globes.
- Turn off lights in rooms that aren't being used.
- Use lamps or spotlights when room lighting isn't required.
- Switch off appliances at the wall.
- Use power boards to power multiple appliances and easily turn them all off at once.
- Reduce the area for cooling and heating devices, by closing doors to unused rooms.
- Reduce energy use by keeping curtains and outside window shades closed.
- Fix all drafts and places cooling and heating can escape.
- Use extra blankets, wheat bags, electric blankets / throw rugs as alternatives to heating.
- Clean and service your cooling and heating systems to maintain their efficiency.
- Turn off cooling or heating overnight and when nobody is home.

LAUNDRY

- Use cold water to wash clothes.
- Always run your washing machine with a full load, to cut down on the amount of loads you wash.
- Instead of drying your clothes in a clothes dryer, use a clothesline or clothes rack.
- If using a dryer, make sure clothes are spun dry or wrung out well first and use the dryer with a full load.

WHERE YOUR HOUSEHOLD ENERGY GOES*

Lighting	10%
Hot water	23%
Appliances	25%
Heating/cooling	40%

KITCHEN

- Only run the dishwasher when full and use the economy or shortest time settings.
- Thaw your food naturally in the fridge, rather than using appliances.
- When cooking on the stove top always use lids on pans, to contain heat and speed up the cooking process.
- When using an oven, avoid continuously opening the door as this releases the heat.
- Set your fridge and freezers to the ideal temperatures.
- Keep fridges and freezers in a cool, well-ventilated spot away from the oven and the sun. Keep a 5cm gap around your fridge so air can circulate freely.
- Use lower water temperatures when washing or rinsing dishes.

BATHROOM

- If your hot water system allows it, set your hot water at a reasonable level.
- Keep your showers to under 5 minutes long.
- Install water saving showerheads.
- Minimise the use of heat globes in lighting.

OUTSIDE

- Use solar and sensor lights in outside areas.
- Separate outdoor lighting to choose which areas to light.

SAVE
NOW

COTA
INSURANCE