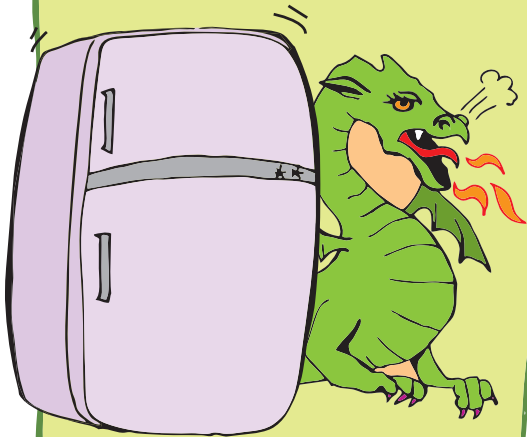
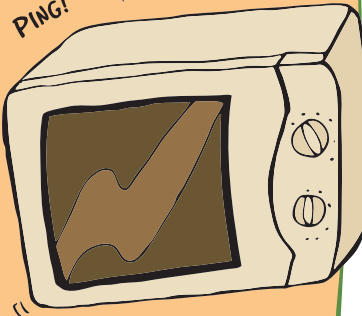


Lighten up your energy load and reap the benefits! Learn a few quick fixes that will help you to waste less money and resources...

1 Avoid putting your fridge next to something warm, otherwise it will use more power to cool efficiently



2 Use a microwave instead of a conventional oven



6 You can wash most things at 30 degrees



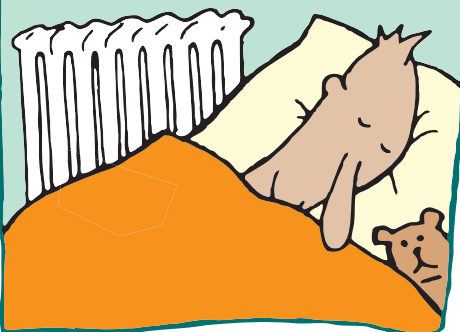
7 Make sure your washing machine is fully loaded before switching it on



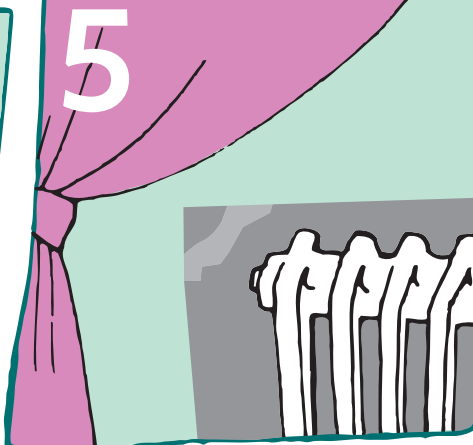
3 Turn down your room thermostat by 1°C and take the time to programme your heating correctly

5 Install reflective radiator panels (or tin foil) behind your radiators ... and Don't cover radiators with furniture or curtains

4 Set your radiators to lower temperatures in bedrooms



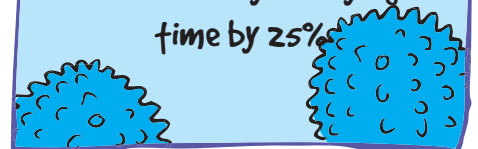
5



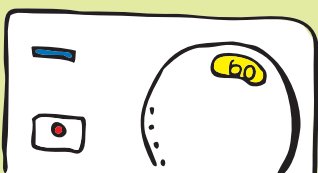
8 Washing in off-peak times is cheaper



11 Use 'rubber dryer balls' in your tumble dryer to reduce your drying time by 25%



9 Set your immersion cylinder thermostat to no more than 60°C



10 Have a shower instead of a bath



Don't leave appliances on standby when not in use, especially the television

