

Energy Saving Checklist

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Whole Home

- Keep your heating set to a low but comfortable level, usually between 18–21°C.
- Turn the heating off when no one is at home.
- Keep doors closed to stop heat escaping into unused rooms.
- Never block vents, and make sure you have a working carbon monoxide alarm for safety.

Kitchen

- Only boil the amount of water you actually need in the kettle.
- Cooking with lids on pans helps food heat faster and uses less energy.
- Keep fridge and freezer doors closed as much as possible to avoid wasting energy.

Bathroom

- Taking shorter showers can make a big difference to both energy and water use.
- Make sure taps are fully turned off to avoid wasting hot water.
- Only use extractor fans when needed and turn them off afterwards.

Bedroom

- Lower the heating slightly at night instead of keeping it high while you sleep.
- Try not to leave phones or devices charging overnight once they're fully charged.
- Use extra layers or blankets before turning the heating up.

Living Room

- Turn off lights whenever you leave the room, even if it's just for a short time.
- Avoid leaving TVs, consoles, or speakers on standby—switch them off at the plug if you can.
- Close curtains in the evening to help keep the heat inside.

Laundry

- Using lower temperatures (like 30°C) and eco settings, saves energy and is usually just as effective.
- Wait until you have a full load before using the washing machine.
- Air dry clothes instead of using a tumble dryer.

