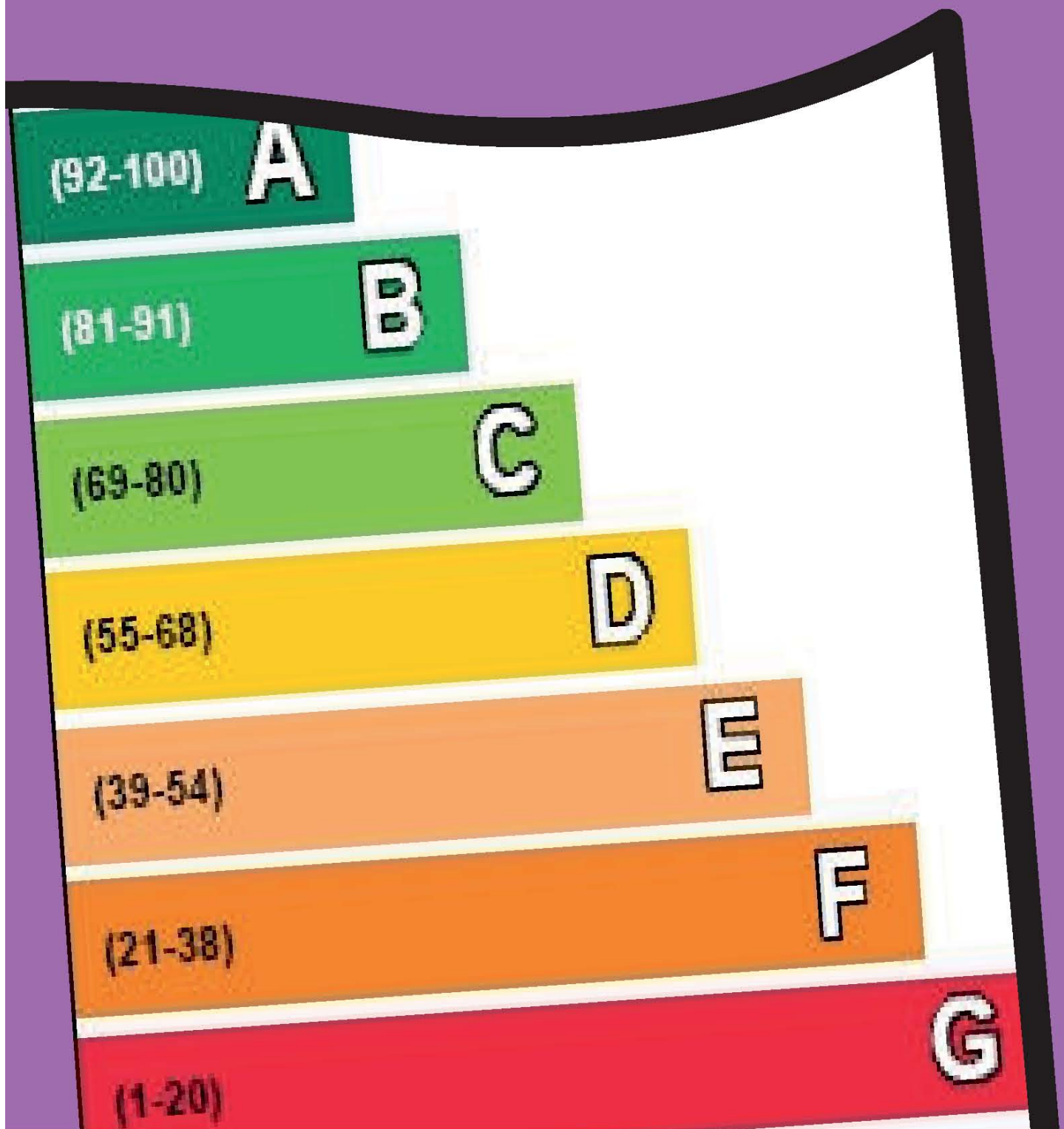


ENERGY & EFFICIENCY



ENVIRONMENT & ECONOMY

Household Water Consumption

Some facts:

- In the UK every person uses 155 litres of water a day
- In developing countries each person uses only 20 litres a day
- 1/3 of household water is used to flush the toilet.

Bath	80 litres	(16 buckets)
5 minute shower	35 litres	(7 buckets)
Brushing teeth with tap running	6 litres/min	(16 buckets)
Brushing teeth with tap off	1 litres	(2 buckets)
Dripping tap	140 litres/wk	(28 buckets)
Washing machine	65 litres	(13 buckets)
Dishwasher	20 litres	(4 buckets)
Washing the car with a bucket	10 litres	(2 buckets)
Hosepipe/sprinkler	540 litres/hour	(108 buckets)

Water Saving Tips

- Fitting a 'Save-a-flush' (a harmless bag of crystals) in your toilet cistern can save up to 1 litre per flush. That's saving nearly 2000 litres per person a year!*
- Installing a Hippo (suitable for cisterns with a minimum 9 litre flush) could save up to 5000 litres per person per year*
- Have a refreshing shower instead of a bath. BUT a power shower can use more water than a bath!
- Turn off the tap when you are brushing your teeth
- Fix leaking taps



- When buying a new dishwasher, choose one that is energy efficient as this saves on water and electricity. Machines with an 'A' rating are the most economical
- Wait for a full load before using your washing machine – a full load uses less water than 2 half loads
- Cool water in the fridge. So you don't have to run the tap for a long time to get a cold drink
- Only fill the kettle with enough water for your needs, this will reduce your fuel bills
- Lag your pipes and leave your heating on a low setting when you are out to avoid burst pipes in cold weather
- If you have a water meter, check for leaks by turning everything off and taking two readings several minutes apart
- Use a water butt to collect rain water and water plants with a watering can.



*Only suitable for some types of cisterns. Check before purchase.

Electricity Consumption of Everyday Household Appliances

The number of units given is intended as a guide and may vary depending on make, age and condition of your equipment. Check your electricity bill or contact your supplier to find out the current cost of a unit.

Item		Units Used
A	Answering Machine	5 hours of recorded messages for less than 1 unit
B	Battery Charger	100 hours' charging for 1 unit
	Blankets	Single over blanket: All night for 1 week for 2 units / Double over blanket: All night

Item	Units Used
	for 1 week for 3 units / Single under blanket: 1½ hours each night for 1 week for less than 1 unit / Double under blanket: 1½ hours each night for 1 week for less than 1½ units
Blender	Over 400 litres (700 pints) of soup for 1 unit
C	Can Opener
A can a day over four years for 1 unit	Carving Knife
Carve a joint every weekend over four years for 1 unit	Coffee Maker
40 cups of coffee for 1 unit	Coffee Mill
Over 45kg (100lb) of coffee for ½ a unit	Computer
3 hours use for 1 unit	Cooker
One weeks meals for a family of four for about 20 units	Cooker Hob
Cooked breakfast for four people for less than ½ a unit	Cooker Hood
8 hours use for 1 unit	Cooker Grill
0.5kg (over 1lb) of sausages for less than ½ a unit	Oven
24 scones for 1 unit - cooking times can be reduced if you are using a fan assisted oven	Microwave
Reheat 5 pre-cooked chilled meals for 1 unit	Slow Cooker
8 hours' use for 1 unit	D
Up to 1.3kg (3lb) of chips for 1 unit	Deep Fat Fryer
3 hours use for 1 unit	Dehumidifier
One full load for an average of just over 2 units	Dishwasher (cold fill)
E	Extension Lamp (100W)
10 hours illumination for 1 unit	

Item	Units Used
Extractor Fan	24 hours operation for 1 unit
F	
Fax	Over 3 hours continuous use for less than 1 unit
Fluorescent Strip (40W)	Over 20 hours use for 1 unit
Food Mixer	A cake a week for a year for 1 unit
Freezer (Upright)	About 1 to 2 units a day
Fridge / Freezer	Around 2 units a day
Frost-Free Fridge/Freezer	Around 2½ units a day
G	
Games Console	3 hours play for less than 1 unit
H	
Hair Curling Tongs (30W)	30 hours use for 1 unit
Hair Dryer (1000W)	6 ten-minute hair drying sessions for 1 unit
Heaters	Slim line storage heaters use less than half price electricity. Depending on the level of thermal insulation in your home, a 2kW model uses an average of 45 to 75 units per week during the heating season. Larger models use proportionately more.
Central Heating	Pump An average days' operation for ½ a unit
Convactor Heater (2kW)	½ an hours' warmth for 1 unit
Fan Heater (2kW)	½ an hours' warmth for 1 unit
Infra-red Heater (1kW)	1 hours' warmth for 1 unit
Panel Heater (1.5kW)	40 minutes' warmth for 1 unit

Item	Units Used
Radiant Heater (3kW)	20 minutes' warmth for 1 unit
Hedge Trimmer	2½ hours use for 1 unit
Hi-Fi System	8-10 hours listening for 1 unit
Hot Tray	1 hours use for about ½ a unit
Hot Water	Using a high-performance factory-insulated 210 litre (46 gallons) cylinder with two side entry heaters: hot water for a family of four - 67 units per week. Over 90% of these units can be used on less than half price Economy 7 electricity.
Instant Water Heater	More than 3 gallons of hot water for 1 unit
Humidifier	Over 1 hours use for 1 unit
I Iron	1 hour's use for about ½ a unit
K Kettle	6.8 litres (12 pints) of boiling water for 1 unit
Knife Sharpener	12,000 knives sharpened for 1 unit
L Lawnmower Cylinder	3 hours use for 1 unit / Rotary 1 hours use for 1 unit
Light Bulbs 100W	10 hours use for 1 unit / 60W 16 hours use for 1 unit / 40W 25 hours use for 1 unit
Low Energy Light Bulb (20W)	50 hours use for 1 unit
M Mobile Phone Charger	Over 100 battery charges for 1 unit
P	
Power Drill	4 hours use for 1 unit
R Refrigerator (Larder)	1 days operation for 1 unit or less / Refrigerator (with frozen food storage compartment) 1 days operation for around

Item		Units Used
		1 unit
S	Sandwich Toaster	26 to 54 sandwiches for 1 unit (if used continuously) or 6 to 13 sandwich making sessions for a family of four for 1 unit
	Shaver	Shave every day for five years for 1 unit 7 days a week for around 2½ to 4 units
	Solarium	40 minutes use for 1 unit
	Spin Dryer	5 weeks use for 1 unit
T	Tea Maker	35 cups of tea for 1 unit
	Television (20"/51cm Colour)	6 to 9 hours viewing for 1 unit
	Toaster	60 slices of toast for 1 unit
	Towel Rail (150W)	6 hours operation for less than 1 unit
	Tumble Dryer	4kg (9lb) cotton garments and towels dried for less than 2½ units. 2kg (4½lb) synthetics dried for less than 1½ units
V	Vacuum Cleaner Cylinder	Vacuum carpets every day for a week for 1 unit / Upright 2 hours cleaning for 1 unit
	Video Recorder	1 days recording for less than 1 unit
W	Washing Machine (Automatic)	Weekly wash for family of four uses 10 units, 4kg (9lb) cottons (with prewash) washed at 90° C for 2½ units, 1.8kg (4lb) synthetics washed at 50°C for less than 1 unit
	Waste Disposal Unit	Over 22kg (50lb) of rubbish disposed for 1 unit
	Water Purifier	Over 30 hours operation for 1 unit

Energy Saving Tips

- Your boiler must be serviced annually. This should automatically be carried out by an appointed contractor – please let your landlord know if it is missed.
- Placing aluminium foil behind radiators fitted against outside walls helps to reduce the amount of heat going out through the wall
- Keep curtains closed when it gets dark to avoid heat loss through windows
- Do not obstruct radiators output e.g. with long curtains or by drying washing over radiators this will prevent heat circulation to the room and might also cause condensation
- Fitting shelves over radiators helps to deflect heat back into the room, so less heat is needed to keep the room warm
- Choose the right size pan for cooking so that you don't use more energy than needed
- Turning your thermostat down by just 1oC can cut your heating bills by up to 10%
- 'Bleed' your radiators from time to time to remove unwanted air from your heating system
- If you have a programmer or timer, set it so that your heating and hot water only come on when needed
- Stop drafts by fixing draft excluders to your exterior doors.

