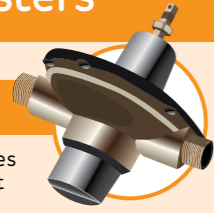


33 ways to save power and still stay healthy, happy and warm



The 10 worst power wasters



1 A faulty ajax valve

If you have hot water leaking onto your roof, chances are your ajax valve is faulty. This is an easy, low cost job for any plumber to fix.

2 Leaking hot water taps

One leaking hot tap can use around \$40 in unnecessary power throughout the year. This can be solved quickly by changing the washers in your taps.

3 Hot water too hot

Water that's over 60 degrees celsius when it comes out of the tap is too hot and uses excess power. Call an electrician to adjust your thermostat.

4 Inefficient use of heaters

Timers can be purchased separately from your heater to ensure you're not wasting energy on heating.

5 A lack of insulation

Ceiling and underfloor insulation can help reduce heat loss by over 50%. A well-insulated home costs less to cool and heat.

6 Poorly ventilated laundry

If your laundry is not well ventilated your dryer is forced to use the damp air it has just expelled, drying takes longer and increases your power bill.

7 Extra high shower pressure

Hold a 2L ice-cream container to your shower head. If it fills in 15 seconds think about getting a low-flow shower head fitted.

8 Faulty oven thermostats

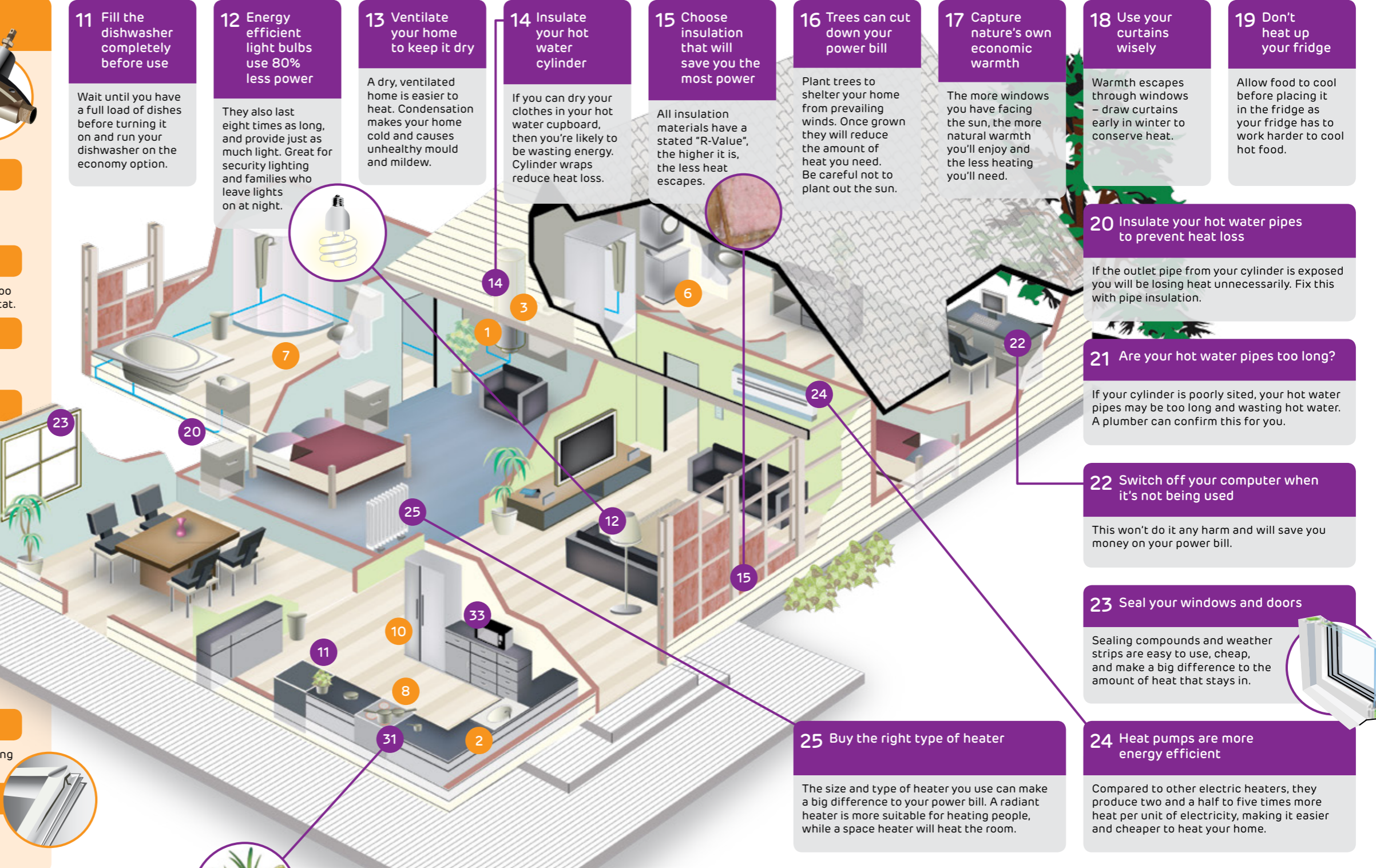
Without accurate temperature control your oven wastes power and will soon cost you more than having the thermostat replaced.

9 Inefficient use of hot water

Put the plug in the sink when rinsing items or use cold water. Pouring hot water down the drain is like pouring money down the drain.

10 Worn door seals

Fridges, freezers and ovens with worn door seals use too much power. Most appliance centres supply and fit replacement seals.



11 Fill the dishwasher completely before use
Wait until you have a full load of dishes before turning it on and run your dishwasher on the economy option.

12 Energy efficient light bulbs use 80% less power
They also last eight times as long, and provide just as much light. Great for security lighting and families who leave lights on at night.

13 Ventilate your home to keep it dry
A dry, ventilated home is easier to heat. Condensation makes your home cold and causes unhealthy mould and mildew.

14 Insulate your hot water cylinder
If you can dry your clothes in your hot water cupboard, then you're likely to be wasting energy. Cylinder wraps reduce heat loss.

15 Choose insulation that will save you the most power
All insulation materials have a stated "R-Value", the higher it is, the less heat escapes.

16 Trees can cut down your power bill
Plant trees to shelter your home from prevailing winds. Once grown they will reduce the amount of heat you need. Be careful not to plant out the sun.

17 Capture nature's own economic warmth
The more windows you have facing the sun, the more natural warmth you'll enjoy and the less heating you'll need.

18 Use your curtains wisely
Warmth escapes through windows – draw curtains early in winter to conserve heat.

19 Don't heat up your fridge
Allow food to cool before placing it in the fridge as your fridge has to work harder to cool hot food.

20 Insulate your hot water pipes to prevent heat loss
If the outlet pipe from your cylinder is exposed you will be losing heat unnecessarily. Fix this with pipe insulation.

21 Are your hot water pipes too long?
If your cylinder is poorly sited, your hot water pipes may be too long and wasting hot water. A plumber can confirm this for you.

22 Switch off your computer when it's not being used
This won't do it any harm and will save you money on your power bill.

23 Seal your windows and doors
Sealing compounds and weather strips are easy to use, cheap, and make a big difference to the amount of heat that stays in.

25 Buy the right type of heater
The size and type of heater you use can make a big difference to your power bill. A radiant heater is more suitable for heating people, while a space heater will heat the room.

24 Heat pumps are more energy efficient
Compared to other electric heaters, they produce two and a half to five times more heat per unit of electricity, making it easier and cheaper to heat your home.

COOKING AND APPLIANCES

33 Use your microwave – it's a real power bill saver
Most microwaves will use up to 70% less power than your stove. Buy a microwave cook book and try cooking more in your microwave.

32 Use the right sized pots and elements
A good rule of thumb is to always use a pot that completely covers the hot plate.

31 Try gently cooking your vegetables
Try using less water and when the pot boils turn the element down and keep the lid on to create steam. This keeps in more goodness and keeps your bill down.

30 If you can, upgrade your appliances
New appliances typically use less power. When upgrading, look for an appliance with the best energy rating.

CLOTHES WASHING

29 Wash in cold water whenever possible
Wash clothes in cold water whenever you can. Cold water soap powders will clean clothes and most appliance manufacturers recommend them.

28 Wait until you have a full load before washing
It takes as much power to wash one item as it does to wash a full load.

27 Try drying your clothes more gently
Using a cool setting on your dryer will result in less ironing, your clothes will last longer and you'll spend less on power.

26 Choose the right water level for your wash
When washing your clothes, check the water level control on your washing machine. Smaller loads need less hot water.