

# Energy Saving Tips



## Cooling

- Fans blowing directly on you can make temperatures around you feel up to 4° cooler.
- Set thermostat at 78° or higher when the house is occupied and at 85° when vacant.
- Keep debris, high grass and other obstacles away from your air conditioner's condenser so that airflow to the unit is not blocked.
- Clean your AC condenser/evaporator coils at the beginning of the season.
- Clean or replace filters at least once a month.
- Caulk and weather-strip around your windows and doors.
- Shade your outdoor AC unit.
- Plant trees to shade your south-and west-facing windows.

## Heating

Heating a home takes two to three times more energy than cooling a home, so the work you do could add up to significant savings during the winter months.

- Install plug outlet covers on any unused outlet. About 20 percent of the air that escapes your home escapes through outlet openings.
- If you have a fireplace, install a glass fire screen to keep heated air from escaping through your chimney.
- Insulate indoor water pipes in unheated spaces.
- Inspect insulation to make sure it's not blocking ducts or vents. Blown-in insulation can settle over time and may need to be fluffed up or increased.
- Set your thermostat at 68 degrees. For every degree you raise the temperature, you add 3 to 5 percent to your electric bill.
- If your home uses a heat pump, raise the thermostat setting two degrees at a time when adjusting the temperature. This will avoid running the compressor and supplemental heat at the same time.
- Air can enter and escape your home through cracks and gaps around windows, doors, and other areas. Effective caulking can help prevent this.
- Caulk when the temperature is over 40 degrees Fahrenheit. If the weather is too cold, the caulk may not adhere.
- Caulking should be used only on joints that don't open or close, such as the seam between a window frame and a wall.
- Although most caulk lasts at least 25 years, settling makes it necessary to check your home for cracks in the caulk every few years.

## Insulation

- Find holes and patches in your house where air can invade and fill it up with plastics or weather strips so that your heating and/or cooling system will not be overworked.
- Remember to keep all doors as well as windows closed at all times.

## Lighting

- Turn off lights when leaving a room for a short time.
- Keep the dust off lampshades and light bulbs. It can reduce lighting levels as much as 50%.
- Change your bulbs to fluorescent. Fluorescent light bulbs use 70% less electricity than regular light bulbs, give off five times more light, emit 90% less heat and last 10 times longer.

## Water Heater

- Lower the thermostat on your water heater to 120°.
- During daily use, turn off running water when you're not using it (when soaping hands, brushing teeth, etc.).
- Wrapping your water heater with an insulation blanket can reduce its energy use by 10% to 15%.

## Refrigerators and Freezers

- Set the temperature between 36° and 38°. Freezer temperatures should be between 0° to 5°.
- Thaw frozen foods in the refrigerator rather than on a countertop. Not only is it safer, but frozen items will help cool the refrigerator as they defrost and help reduce its running time.
- Freezers work better fully loaded, but remember to leave enough room for air to circulate.
- Make sure your refrigerator and freezer doors seal properly.

## Cooking

- Microwave ovens use up to 70% less energy, cook food up to 75% faster, and produce much less heat than an electric or gas oven.
- Using covers on pots will bring liquids to a boil more quickly and allow continued cooking at lower temperatures, reducing energy use and heat in the kitchen.

## Other Appliances

- Wash/dry full loads of clothes and use cold water as much as possible.
- Never put lamps, TV sets and other heat-generating gadget beneath a wall-mounted thermostat. Rising heat from these appliances may trigger your conditioning system to overwork.

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