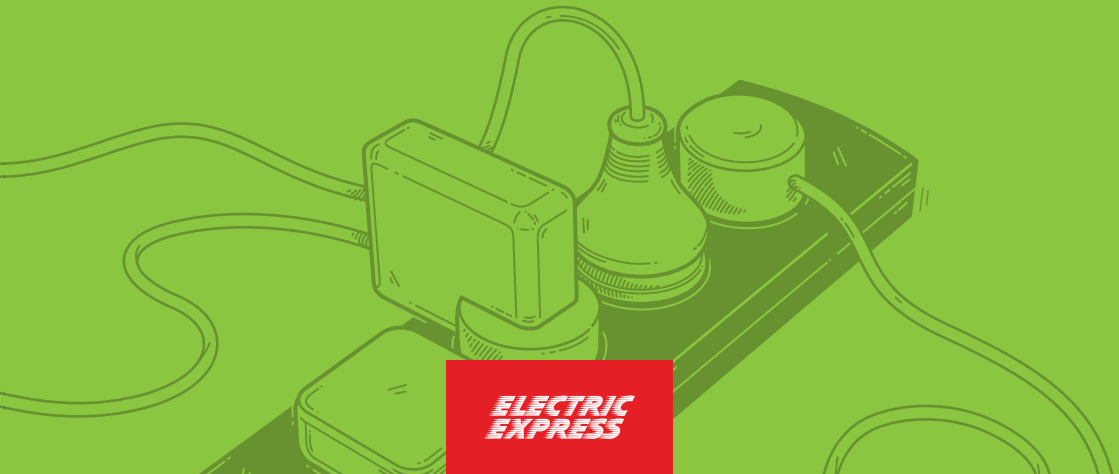


# 10 EASY THINGS

---

YOU CAN DO TO SAVE POWER & REDUCE  
YOUR ENERGY BILL



**ELECTRIC  
EXPRESS**



# 10 EASY THINGS YOU CAN DO TO SAVE POWER AND REDUCE YOUR ENERGY BILL

With the rising cost of power and the increasing awareness of our environmental impact, people are more aware of their energy consumption.

Unfortunately there is still the assumption that in order to be environmentally friendly, you must purchase expensive new appliances and rewire your home to reduce energy usage, which isn't really accurate.

The good news is there are several simple things that every Australian household can do to slash power bills (and save the planet).

Just remember, sometimes it's the little things that make the biggest impact!

A handwritten signature in blue ink that reads "Steve". The letters are cursive and fluid, with a prominent 'S' and a long tail on the 'e'.

1

# ARE YOU RUNNING THE MOST ENERGY EFFICIENT BULBS?

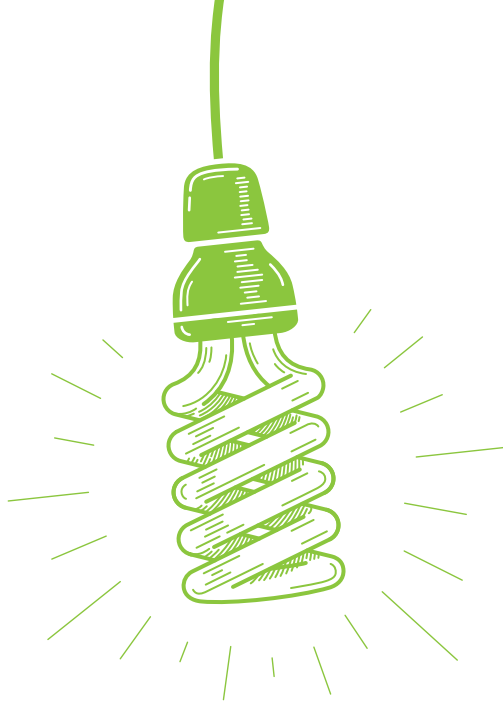
It's amazing if you stop to think about it – we can illuminate our living spaces at the flick of a switch. A caveman would have given the bone in his nose to be able to do that! Imagine if he knew he had options...

In an energy rating survey completed by E3 in April 2013, 44% of homeowners gave energy efficiency as the reason behind upgrading their bulbs.

The problem is that flicking on the light is so easy, that we don't always consider if it's necessary. Over-using your lighting can be a huge waste of money.

There are several things you can do to reduce your light usage:

- Use energy efficient light bulbs such as CFLs or LEDs. CFLs use only 1/4th of the energy drawn by traditional incandescent bulbs. And while LEDs cost a bit more than CFLs, they last much longer.
- Embrace natural light!
- Spend time together as a family in the same room.
- Use candles occasionally – at dinner, while reading, or for a bit of extra romance...



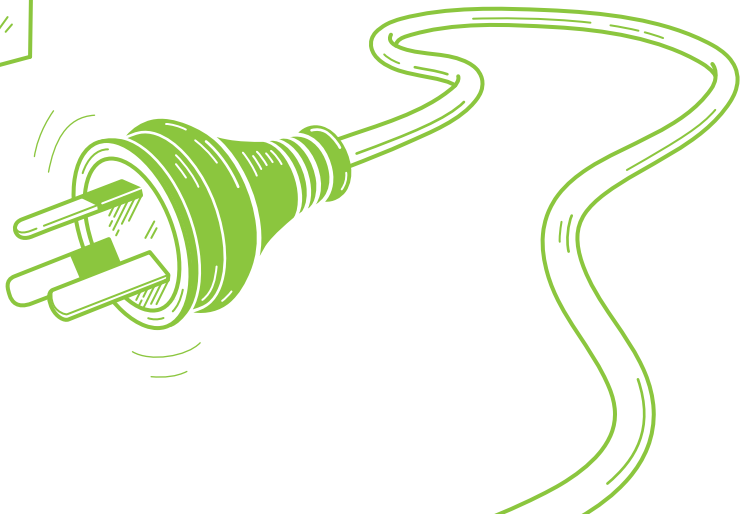
## 2

# UNPLUG

Many people don't realise that plugged-in appliances and electronics continue to draw energy even when turned off. Simply switching off the telly with the remote won't do the trick.

Computers are the #1 cause of slow-energy drain. Power yours down when it's not in use, and unplug it at the end of the day.

- Unplug major electronics such as televisions and sound systems.
- Remember the little things too. A hair dryer, phone charger, or coffee maker might seem like a small draw, but it all adds up.







# 3

## USE YOUR APPLIANCES LESS

I know it seems like they're indispensable, but there are several easy things you can do to use them less.

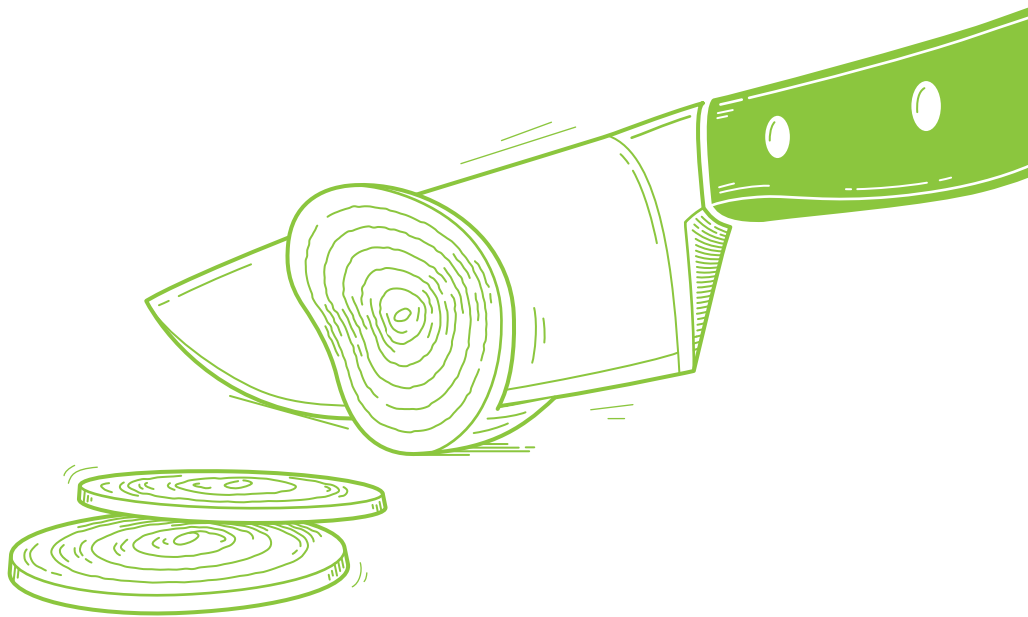
- Hang your laundry to dry in the sun.
- Make sure your dishwasher is completely filled before running it.
- Sweep instead of vacuuming.

# 4

## CONSIDER HOW YOU COOK

There are many things you can do to cut back on electrical usage in the kitchen.

- Chop food by hand instead of using a processor.
- Pre-thaw food in the fridge rather than using the microwave.
- When using the stove top, keep lids on pots to reduce cooking time and energy consumption.
- Use an electric kettle to boil water instead of the stove.
- Use a slow cooker over the oven or stovetop.





# 5

## REDUCE HOT WATER USAGE

It takes a lot of energy to heat hot water, and the more of it you use, the more that needs heating. In Australia, water-heating products are the second largest users of energy out of all household appliances, using 23% of the overall consumption.

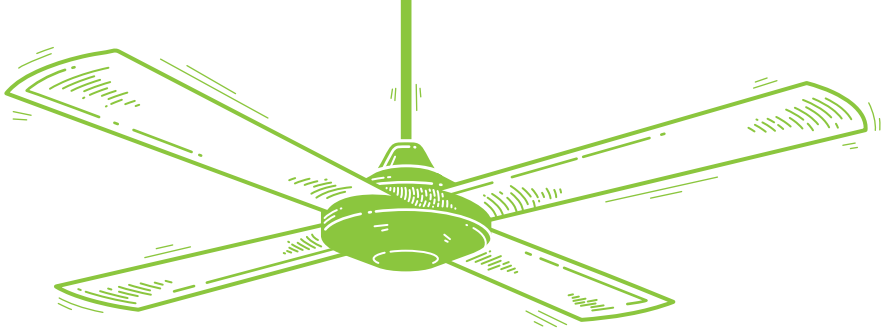
- Wash your clothes in cold water.
- Take showers instead of baths.
- Reduce the temperature of your showers.
- Insulate your water heater.

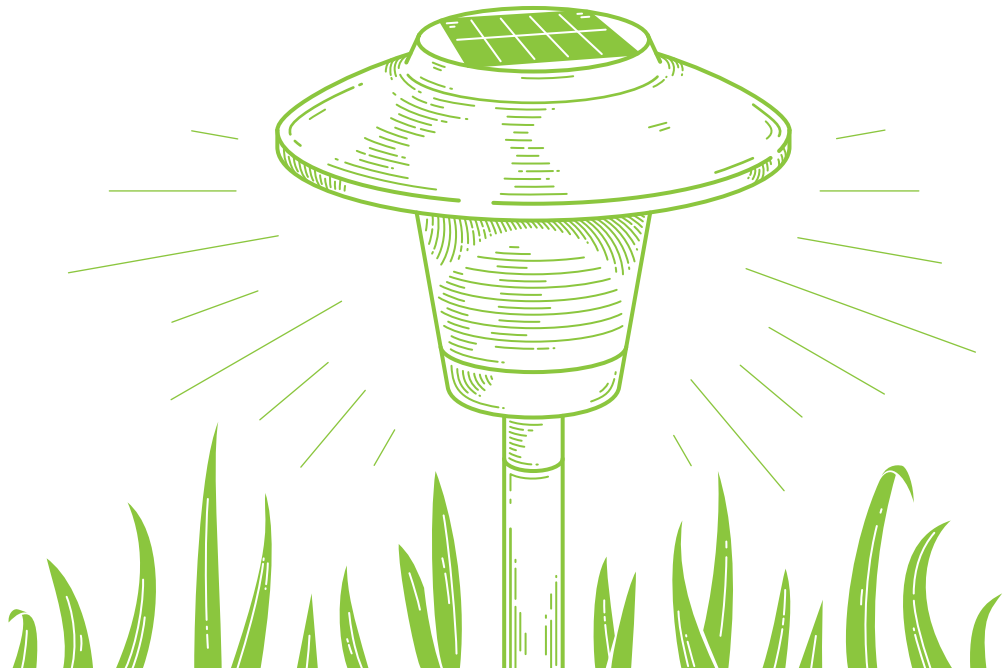
# 6

## REDUCE AIR CONDITIONER USAGE

This is a big one. It can seem essential in the heat of the summer, but if you're serious about reducing your energy usage, the AC is a great place to start.

- When using the AC, close all doors and windows.
- Use ceiling fans.
- Close the blinds or curtains in rooms in by direct sunlight in the afternoon.
- Take a cool shower during the hottest part of the day.
- When the AC isn't necessary, open windows and enjoy the fresh air.
- Drink plenty of chilled water.









# 7

## MAKE OUTDOOR LIGHTING MORE EFFICIENT

Did you know that more than 70% of households leave their lights on when the house is unoccupied for security and/or for lights to be on when arriving home in the dark?

Outdoor and garden lighting can look great and be helpful in the dark, but it can also eat up a lot of power.

- If you use outdoor lighting for security, install motion sensors or timers.
- Use solar powered lamps for garden and path lighting.

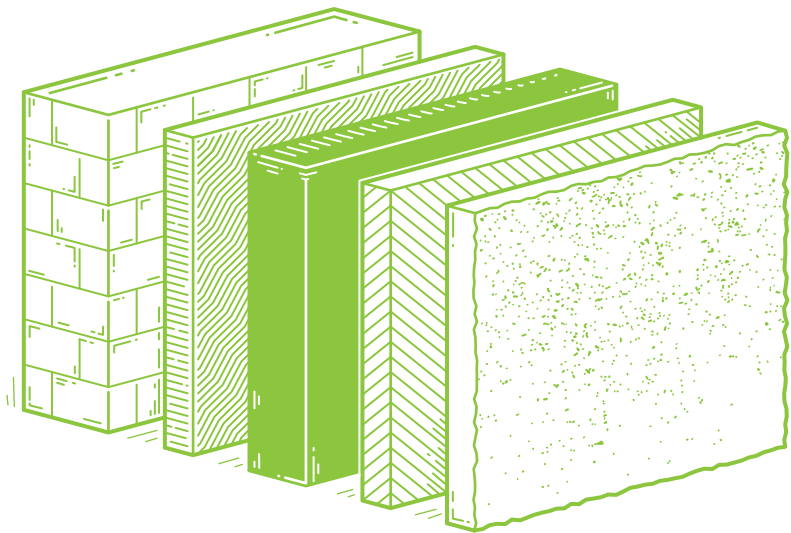


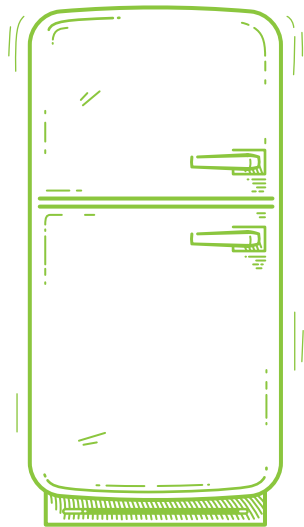
## 8

# INSULATE, INSULATE, INSULATE

Whether it means retaining cool air from the AC in the summer, or trapping heat in the winter, insulation will play a huge role in reducing your power consumption.

- The roof and ceiling are by far the most important places to have insulation. Make sure that insulation is installed properly, and that it is rated at a minimum of R3.5.
- Use caulks and door seals to insulate around window and doorframes.
- Use window coverings to keep the temperature inside comfortable and controlled.





# 9

## SET THE FRIDGE EFFICIENTLY

Your fridge is eating up power 24/7, so it's important to have it set as efficiently as possible.

- Make sure the door shuts tightly and without gaps.
- Set the fridge temperature to 4 or 5 degrees and the freezer at minus 15 to 18 degrees.
- Keep fridges out of the sun.
- Keep a five-centimeter gap around the fridge to allow for proper air circulation.
- Fill your freezer. A full freezer is less needy on the power front.

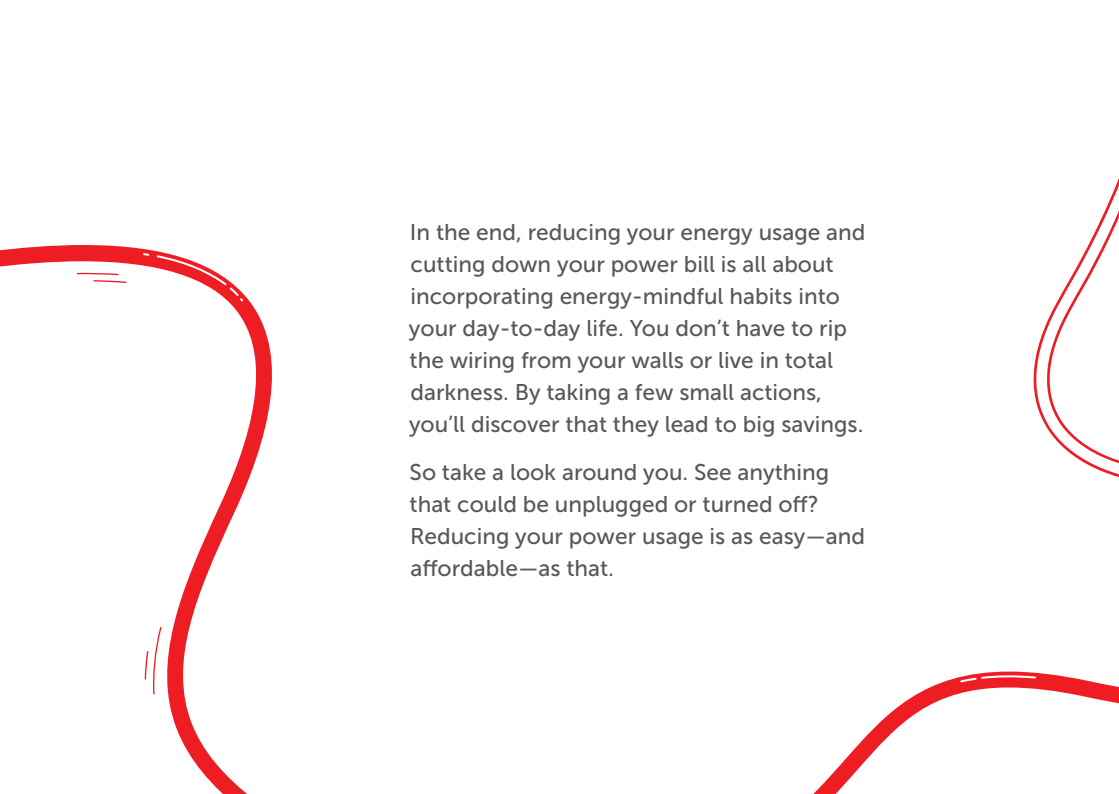
10

## REPLACE OUTDATED APPLIANCES WITH ENERGY EFFICIENT MODELS

Yes, this can seem like a costly endeavor, but it's worth it in the long run.

- Plan to update to energy efficient models over a long period of time. When it's time to refresh, purchase up on the star rating.
- When buying small appliances and electronics, make sure you're getting models that consume less power.

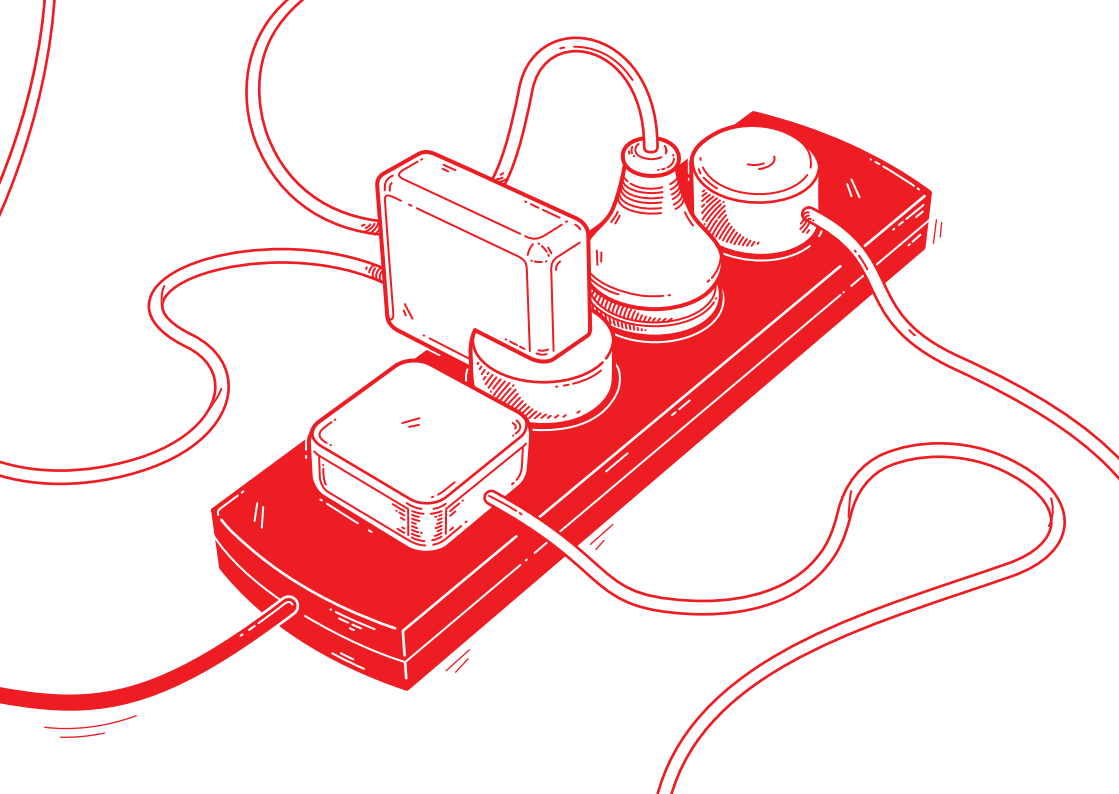




In the end, reducing your energy usage and cutting down your power bill is all about incorporating energy-mindful habits into your day-to-day life. You don't have to rip the wiring from your walls or live in total darkness. By taking a few small actions, you'll discover that they lead to big savings.

So take a look around you. See anything that could be unplugged or turned off? Reducing your power usage is as easy—and affordable—as that.





Interested in learning more about how you can reduce  
your energy consumption?



CALL YOUR LOCAL EXPERTS AT ELECTRIC  
EXPRESS NOW AT • **0411 188 492** • TO FIND  
OUT WHAT YOU CAN DO TO SAVE MONEY AND  
REDUCE ENERGY WASTE.





***ELECTRIC  
EXPRESS***

SOLUTIONS PTY LTD

**FAMILY OWNED & OPERATED**

[www.electricexpress.com.au](http://www.electricexpress.com.au)