



HOME ENERGY SELF CHECK

Insulation

There is at least 100mm of insulation in the ceiling.

40% of the heat loss from a home is through the ceiling. Insulation will save on your heating bills.

Yearly Savings: More than \$100

Payback Period: 3-5 yrs

Action

See [Insulation Products](#) section of CEA website

Alternatively look for 2nd hand Batts in the Buy, Sell, & Exchange.

There is underfloor insulation.

Damp proofing and insulation under the floor will decrease dampness and increase warmth and comfort.

Yearly Savings: \$50-\$100

Payback: 3-10 years

Action

See [Insulation Products](#) section of CEA website

There are lined or thermal-backed fitted curtains in all heated areas of the house that are at least 1.5 times the width of the window and drop at least 10cm below the window sills.

A lot of heat is lost through windows, especially if they are single glaze. Good curtains can help.

Yearly Savings: Up to \$50

Payback: 2-9 years

Action

Make them, buy them or see the [Curtain Bank](#) section of CEA website

The external doors and windows are not draughty.

Draughts remove heat and create discomfort.

Yearly Savings: up to \$40

Payback: 1.25 yrs

Action

Use D.I.Y. V-seal and weather strips from hardware stores or see [Insulation Products](#) section of CEA website

The fireplace is blocked off when not in use.

Draughts remove heat and create discomfort.

Yearly Savings: Up to \$50

Action

Enquire about Environment Canterbury's Clean Heat Project.

Any extraction fans or vents are closed when not in use.

Draughts remove heat and create discomfort..

Action

If they cannot be closed remove them and open windows and doors for ventilation as needed.

Hot Water

 **The hot water temperature at the tap is 55°C - 60°C, or the hot water thermostat is adjusted to 60°C.**

Water heating is another big energy user. (Up to 40% of your energy bill)

Yearly Savings: \$50 - \$100

Action

Check thermostat is set correctly and working properly.

 **The hot water cylinder is insulated, and the first metre of hot water pipe is lagged.**

Yearly Savings: \$30 - \$90

Payback: 1 - 4 yrs

Action

Check with Community Energy Action about [Subsidies](#). Also see [Insulation Products](#) section of CEA website

 **Hot water taps don't drip.**

Yearly Savings: Up to \$50

Action

Sometimes as simple as changing a washer.

 **The shower is low flow**

i.e. between 6-9.5 litres per min.

Use as little hot water as possible.

Action

If greater than 13 litres per minute, install a low flow shower head.

 **The hot water cylinders overflow vent which is located on the roof is not overflowing or losing water.**

Action

If it is overflowing the thermostat may be set too high or faulty. If the cylinder has a Pressure Reducing Valve it may need checking by a registered plumber.

Lighting

 **Energy efficient light bulbs installed where lights are on for long periods.**

Yearly Savings: up to \$13

Payback: 1.6 yrs

Action

Can be purchased from hardware stores or supermarkets.

Refrigeration

 **The fridge has a temperature of 4°C.**

If lettuce freezes in your fridge or ice-cream is rock hard in the freezer your appliance is too cold.

Action

Check settings.

Fridge and freezer are defrosted twice a year.

These appliances operate more efficiently when defrosted regularly.

Action

Defrost.

No excess fridges or freezers.

A little used 300w fridge could cost up to \$8/month to run.

Action

Get rid of that unused or little used refrigerator or freezer.

Refrigerator is at least 3cm away from the wall.

Allows air to circulate freely around the fridge.

Coils to the rear of the fridge are clean.

Allows more efficient heat exchange from the coils to the air.

Fridge is not in a sunny place or next to an oven.

The warmth of the sun or an oven means the fridge has to work harder.

Other Large Uses

Look for extra items which can use a lot of electricity e.g. swimming pools, spa pools, water feature pumps, fish tanks, respirators.

These kind of uses are often neglected, but can amount to a lot of money.

Action

Use these wisely! If they are not needed, turn them off.

Behaviors

Close doors so that only rooms that are in use are heated.

Yearly Savings: Up to \$50

Do not use portable gas heaters as they create dampness and can cause ill health.

Turn off lights when not in use.

Yearly Savings: Up to \$50

When it is only slightly cool, an extra layer is put on rather than turning on the heater.

Yearly Savings: Up to \$50

Turn off heaters when they are not in use.

Yearly Savings: Up to \$50

Take short showers not baths.

Yearly Savings: \$50 - \$100

Place the plug in the basin when washing or shaving.

 **Minimize the use of the heated towel rail.**

Towel rails can cost up to \$7 - \$9 a month to run.

Yearly Savings: Up to \$50

 **Use the microwave instead of the oven whenever possible.**

Microwaves use less energy for the same heating.

 **Keep lids on boiling pots and only boil as long as necessary.**

This minimises condensation and avoids mould and mildew.

 **Open windows and close the kitchen door when cooking.**

Same as above.

 **If only a small amount of hot water is needed boil the kettle.**

 **Do laundry in cold water.**

Save on hot water bills.

Yearly Savings: \$50 - \$100

 **Dry clothes on the line whenever possible.**

 **Wash only full loads.**

 **Turn appliances off at the wall (not the fridge!), including washing machine, oven, microwave, T.V., video, stereo's, when they are not in use.**

Yearly stand-by losses can cost you up to \$80 - \$100 per year.

Yearly Savings: Up to \$80 - \$100

 **Use your log burner efficiently.**

In general, wood cut to a maximum thickness of 10-15cm should be used-this size provides more surface area for burning, giving greater efficiency.

Only burn dry wood. Burning wet wood is inefficient; it reduces heat output and can cause smoke pollution.

To check if wood is dry, strike two pieces together. Dry wood gives a sharp, crack sound, wet wood makes a dull thud. Also, if the ends of a log are cracked, it is likely to be dry.

Never burn rubbish, plastics or chemically treated, laminated or painted wood. Burning such material can release toxic chemicals that are harmful and can corrode your burner.