

Energy Saving Tips Winter 2020

Understand your heating system and its controls. Take time to learn how your heating system works - and how to use the programmers and controls properly - so that you can use it in the best and most cost-effective way for you. For example, your home will take about 30 minutes to cool down (longer in a well-insulated property) so consider turning the heating off half an hour before you go to bed. If you have two controllers in your property, set the controls to suit the different areas they manage. For example, you might not need to heat the bedroom areas during the day. If your radiators are fitted with thermostatic valves, try using these to reduce the temperature in rooms that are used less often.

Turn your thermostat down. Experimenting by reducing your room thermostat by 1°C could save you energy and money, without you noticing much or any difference in the temperature.

Avoid blocking radiators. Keep furniture away from radiators to prevent it from absorbing the heat intended for circulation around the room. Also avoid drying washing on your radiators as your system will have to run for longer to achieve the same room temperature, thereby using more fuel overall.

Draw the curtains at night and on cold, overcast days, to help keep the warmth in your room. Try tucking long curtains behind your radiators so they don't block the heat.

Reduce hot water use. Think about how much hot water you might lose by leaving a tap running rather than filling a basin, or by over-filling a basin when washing up. Make sure that taps are turned off fully and that any dripping taps are repaired. Spending less time in the shower or opting for a shower rather than a bath can also have a big impact on your consumption. If your appliances are hot-fill then try using them less frequently and making sure they are full before use.

Wrap Up Warm and finally with many of us working from home during the winter months, try to resist the temptation to turn up the heating and instead put on some extra layers to keep you warm. If you do need to put the heating on, try to limit the amount of time it's on and only heat the rooms that you are using.