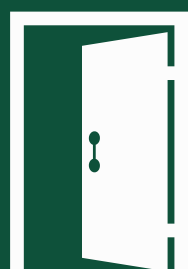


# 10 things everyone can do to reduce energy use at home

Ealing Council has produced this 10 step guide for simple measures to undertake in your home to help reduce the amount of energy you use.

## 1. Changing over to more energy efficient lightbulbs

LED lighting is a highly energy-efficient lighting technology that can reduce carbon emissions and lower energy use.

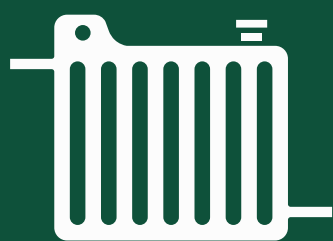


## 2. Insulate and draught proof doors

This small investment can help reduce heat loss for both internal and garage doors. You can install self-adhesive draught seal, flexible door insulation tape, material draught excluder and twin draft guard excluders.

## 3. Insulate and draught proof windows

There are a range of ways to insulate your windows to prevent cold air coming into your home. These include weather sealing strips and blinds / heavy curtains.



## 4. Foil behind radiator

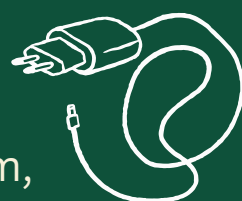
By using a reflective foil behind your radiator, heat will bounce back into the room, rather than seeping out through your home's walls.

## 5. Don't block radiators or heat sources

By blocking your heat source with objects or materials, you could prevent heat from reaching you. Use a drying rack instead of putting clothing over radiators.

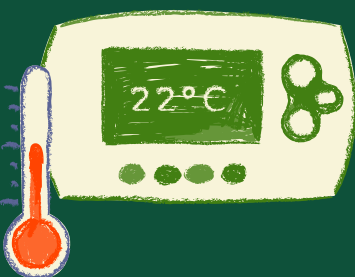
## 6. Unplug chargers and other devices when not in use

“Vampire” electronics use energy when you are not using them, increasing your home's energy consumption. Reduce this by making sure the TV is not on standby, unplugging chargers and other electrical devices when not in use, or turning electrical sockets off at the wall.



## 7. Get a smart meter to monitor your energy use

You can apply for a smart meter for free and this handy gadget can help you track your energy use so that you can spot ways to save energy at different times of the day.

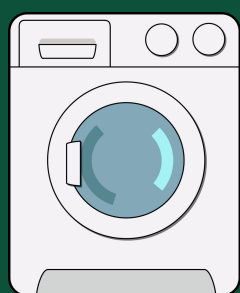


## 8. Lower your thermostat

Lowering your thermostat by 1 degree will save you energy. The recommended optimum temperature to warm your home to is 18-21 degrees Celsius.

## 9. Maintenance

- Optimise the performance of your radiators by ‘bleeding’ them to keep them running at their best
- Unclog the lint filter or add tumble dryer balls to your tumble drier to accelerate the drying process
- Schedule routine maintenance for your boiler and large appliances to reduce chance of breakdown.



## 10. Plastic glazing sheets

Benefits include preventing condensation, noise reduction, no planning permission and a fraction of the cost of new double glazing.

