



5-day Home Energy Challenge

with Laura Trotta

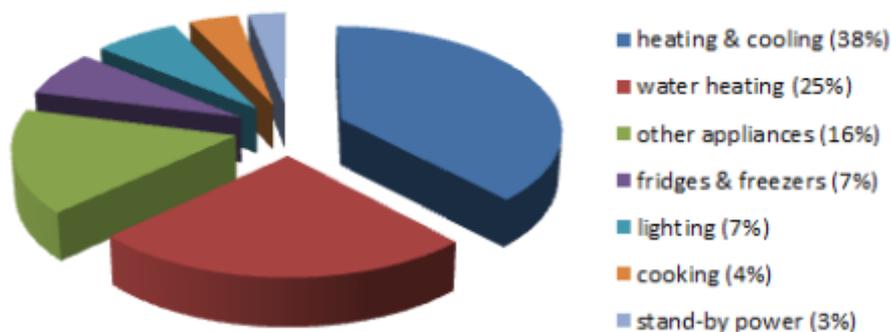
5 days. 5 emails. 5 steps.

Day Three: IMPROVE

With over 60% of energy used within the typical Australian home being used to heat or cool our homes or heat our water, it makes sense to concentrate first on these areas to make a significant impact on your home energy consumption.

Average Energy Use in Australian Homes

Source: South Australian Government



Laura Trotta | Sustainahome.com.au

The table below includes a selection of energy improvement tips you can apply to the various areas of energy consumption in your home. Tick the actions you wish to do in your home.

You may choose all 18, and that's fine!

We'll re-visit and prioritise these tomorrow so you leave this Home Energy Challenge with a small number of actions that will make the most difference to your energy use.

Area	Energy Improvement Tip	Tip #	Tick to Action
Heating and Cooling	Only heat or cool areas of the home you need. Close doors to rooms not in use. If you have a ducted system, use the zone capability to heat/cool areas in use only.	1	
	Check home for cracks and gaps around doors, windows, and even in wooden floorboards that can cause draughts and large amounts of heat to be lost from your home. Use draught excluders (e.g. door snakes) under doors, sealing strips around doors and window frames and consider filling gaps where possible.	2	
	Ceiling and portable fans are the most energy efficient (read, cheapest!) type of cooling appliance to run and should be your first port of call before turning on your air conditioner.	3	
	Every degree cooler you set your air conditioner (or degree warmer for heating) will increase energy consumption by approximately 10%. Aim to have your house temperature between 24-26°C in summer and 19-21°C in winter to minimise your greenhouse gas emissions and energy bill.	4	
Water Heating	Install a water-efficient shower head that uses 9 litres per minute or less of water.	5	
	Limit your showers to less than four minutes duration.	6	
	Prevent heat loss from your hot water pipes at your hot water system by placing foam tubing or lagging around them. Polyurethane tubing can be purchased from most hardware stores. Split it along its length (if not pre-split), place around hot water pipes and seal with a self-sealing strip.	7	
	Wash your clothing in cold water. Your clothes will turn out just as clean!	8	
Other Appliances	Use the Energy Rating Label to compare appliances and select the most energy efficient models.	9	
	Use a clothesline outside (or clothes drying rack inside in damp weather) to dry clothes rather than a dryer.	10	
Fridges and Freezers	Cool air leaks out of doors on fridges and freezers that are not sealed properly, making the unit work harder and use more energy. Check the seal of your fridge and freezer by placing a piece of paper in the door. If the paper slides out easily, consider placing the seal.	11	
	Frost build up inside a freezer over time reduces the efficiency of the appliance. Defrost your freezer before the build-up reaches a thickness of 5mm.	12	
Lighting	Use sunlight wherever possible before turning on an electrical light.	13	
	Replace compact fluorescent lights (CFLs) with household lighting LED bulbs which have longer lifetimes and high energy efficiency.	14	
Cooking	Up to 90% of energy used by ovens is wasted. Use alternative small appliances (e.g. Electric frypans, Thermomix, slow cookers, toaster ovens, microwave) instead.	15	
	Boil your water in a kettle first rather than in a large pot on the stovetop when cooking pasta etc.	16	
Stand-by Power	Reduce stand-by power by switching appliances off at the wall when not in use.	17	
	Install power boards with switches to make it easier to turn individual appliances off.	18	