



ENERGY SAVING

Tips for Home Appliances

1. How to use kitchen appliances smartly

DISHWASHERS

- Wait for a full load of crockery and cutlery before washing.
- Soak or prewash is only recommended in cases of burnt or dried-out food.
- Remove bones and large pieces of food from crockery, cutlery, pots and pans by scraping it off.
- Understand how your dishwasher works and make sure it is set to the eco function.

FRIDGES

AND FREEZERS

- Set your fridge at 3°C, and your freezer at -18°C.
- Make sure the seals of your fridge and freezer doors are intact.
- Don't open fridge and freezer doors unnecessarily.
- Place your fridge and freezer somewhere cool – away from sun-facing walls and windows, and as far as possible from the stove.
- Defrost your chest freezer twice a year and your upright freezer three times a year.
- Don't overfill your fridge or freezer – only use 90% of its capacity.

STOVES

AND OVENS

- Keep your oven door closed until food is done cooking.
- Match pots with stove plate sizes.
- Avoid using your stove for small tasks like boiling water for tea and coffee.
- Use your microwave to cook small to medium amounts of food.
- Use a pressure cooker or slow cooker for food that cooks for a long time, such as stews and casseroles.
- Avoid defrosting food in the microwave – rather use the fridge.

WASHING MACHINES

AND TUMBLE DRYERS

- Wait for a full load of laundry before washing.
- Set your washing machine to match the load of washing – there is no need to set the machine to its highest and longest setting if you are washing a small load.
- Only wash clothes that are dirty. Heavier items such as jeans can be worn a few times before washing.
- Cold settings are fine. Don't use the hot water setting if clothes are not heavily soiled.
- Understand how your washing machine works and make sure it is set to the eco function.
- Avoid using your tumble dryer on sunny days; use the clothesline instead.



2. How to use heating and cooling appliances smartly

SPACE HEATERS

- A fan heater with a thermostat is the best choice to quickly heat an average room of 3 x 3 x 2.5 meters. It spreads heat evenly and the thermostat switches it off when the room is cosy.
- An oil heater with a thermostat and an output of no more than 2000 W is the best choice to heat a room of 3 x 3 x 2.5 meters over a period of three hours. It heats up slowly and steadily, and the thermostat switches it off when the room is warm.
- A heater with a thermostat and an output of no more than 1 000 W is the best choice to heat a room of 3 x 3 x 2.5 meters over a period of eight hours. It gradually raises the temperature, and the thermostat switches it off when the room reaches the optimal level of thermal comfort.

AIR CONDITIONERS

- Maintain it at a comfortable 23°C in summer – once on, all windows and doors should be kept closed
- Otherwise, if you don't have an air conditioner:
- Insulate your home. Fire-retardant ceiling insulation makes a home up to 10°C cooler in summer.
- Install shade awnings on the outside of windows facing the sun – it prevents heat from entering your home.
- Open windows and doors to allow cool breezes to circulate freely.

GEYSERS

- Install your geyser closest to the points in your home where you use hot water.
- Insulate a geyser with a geyser blanket.
- Insulate the first 1.5 metres of water pipes leading to and from the geyser.
- Do not let hot water run unnecessarily. Always use basin plugs in your bathrooms and kitchen.
- Use cold water in the bathroom for quick tasks like washing your hands or brushing your teeth.
- Use cold water in the kitchen to rinse fruit and vegetables.



3. How to manage lighting and swimming pools smartly

POOL PUMPS

- Keep to a four to six-hour filtering cycle every 24 hours in winter.
- Keep to two six-hour filtering cycles every 24 hours in summer.
- Make regular pool maintenance a priority – it will contribute to optimising your pool pump's electricity use.
- Clean your pool filter at regular intervals throughout the year; a clean filter is key to better water flow.
- Brush the floor and

walls to remove debris missed by the filter.

- Clean areas with the least circulation at least once a week.
- Keep your pool covered when not in use – pool covers prevent leaves, dirt and debris from falling into the pool.

LIGHT BULBS

- Replace incandescent lamps with energy saving CFLs (compact fluorescent lamps) and LEDs (light emitting diodes) – do the same with your conventional downlights.
- CFLs use up to 80% less energy than incandescent lamps and last up to eight times longer.
- LEDs use up to 85% less energy than incandescent lamps and about 5% less than CFLs.
- If possible, install a skylight in a dark room.

