



A Bright Alternative

Code of practice on the efficient use of Electricity

At Go Power, in addition to helping you save money on your electricity supply through competitive rates we also encourage you to save money through helping you reduce the amount electricity used in your home. Please see below some of the tips we think will help to reduce the amount of electricity you use and to help your home become more energy efficient.

Reducing Electricity consumption in your home

Below are efficient use of energy tips to follow at home:

Kitchen

- Use the kettle to boil water for cooking, instead of heating a pan on the stove. Not only will this be more efficient, but it generally takes less time too.
- Cut food into smaller pieces before cooking; it may cook more quickly.
- When cooking vegetables, use just enough water to cover the food and put a lid on the pan to keep the heat in.
- Always use the right size of pan for your cooking ring.
- Keep the lid on the pan as much as possible to keep the heat in.
- Use pans that can divide into sections so you can cook several items at once.
- Cook big batches of food together and freeze what you don't need that day. It's more energy efficient to use all the oven space available.

Lighting

- Use energy saving light bulbs, these may cost more, but they use far less electricity than normal bulbs, saving you money in the long run.
- Turn off any lights you don't need, but make sure you have enough lighting on stairs and hallways.
- Keep your lampshades and bulbs clean. They give out less light if they are dirty.
- Use lighter lampshades where possible. Darker lampshades give out less light so you might need to use a higher watt bulb with them.
- Spotlights can be more expensive to run than other lighting, so avoid leaving them on for a long time.
- Fluorescent tubes give out more light and are good for kitchens.
- Consider how much light you need and see if you can take out one or two bulbs from a multiple light fitting. A small hallway may only need one 60 watt bulb instead of three. Make sure you turn off the light first and take care when removing the bulb.



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Heating

- Place heat reflectors behind radiators which are attached to outside walls, this reduces the amount of heat lost to the outside, especially in older houses with low levels of insulation. It is possible to buy special **Radiator Foil** for this, but tin foil (with the shiny side facing the radiator) will do nearly as well.
- Seal up any drafts in doors and windows using draft excluders etc. For small drafts use stick on draft excluding tape, available from most DIY stores.
- Draw the curtains at night to keep the heat in (especially if you do not have double glazing).
- If you are not using your fireplace, block up the chimney (just use newspaper or cardboard). A lot of heat energy is lost up the chimney flume.
- Don't keep opening the oven door while you are cooking. Keep the glass clean and you can peek in when you need to.
- Microwaves aren't just handy for reheating leftovers. Use a microwave instead of the oven for fresh food too. They're quick, easy and economical to use and they're handy if people in your household eat at different times. For example, jacket potatoes take just five minutes in the microwave instead of an hour in the oven!
- If you're heating things in a microwave, try to use a microwave safe lid or cling film with holes in it to speed up cooking time.
- Turn down the temperature on hob as soon as the water boils.
- Remember – you don't need to pre-heat gas grills and ovens for most dishes.

Washing

- Do not use your dishwasher / tumble dryer / washing machine unnecessarily. They are some of the most energy intensive devices in your home! Make sure you load them correctly, and do not put them on when they are practically empty.
- Try to put **dishwashers / tumble dryers / washing machines** on after 9pm when electricity generally becomes a lot cheaper.
- Wash your clothes at 30 or 40°C. Modern washing powders/liquids are designed to get clothes clean at this temperature.
- Save up your dirty laundry to do full loads. Doing a half-load in the washing machine uses more than half the energy of doing a full load. If you aren't doing a full load of washing, use the half load/economy setting.

Bathroom

- Using a shower instead of a bath uses far less energy.



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Insulation

- Keeping your house well insulated can help to reduce the cost of your electricity bills, cavity wall insulation fills the gap between the walls helping to keep the warm air in.
- When your home is heated, a lot of that heat escapes through your roof. Having loft insulation helps to reduce the amount of heat lost.
- Draught proofing secures the cracks and spaces around areas of heat loss in the home. The most common areas are windows and doors.
- Older houses usually have solid walls rather than cavity walls. Having either internal or external insulation installed on the solid walls could save costs and reduce consumption.
- Replacing windows and doors with double glazing could save on energy bills.

You can save costs and energy at home by choosing energy efficient appliances and electronics and reducing the amount you use them. Determining how much electricity your appliances and home electronics use can help understand how much money is being spent.

Energy efficiency labels on new appliances can help you choose more energy efficient appliances

Appliances

- Reviewing the energy label. The label provides an estimate of the average energy consumption and cost to operate the specific model of the appliance. Note this is not on all appliance.
- Labels can show the energy efficiency ratings in a range of colours. These go from dark green (most energy efficient) to red (least efficient).
- Labels can show the appliance's total energy consumption in kilowatt hours (kWh).
- The energy ratings are based on the size category of a product. That means that two differently sized appliances could have the same energy rating, but use very different amounts of electricity.
- To help identify what appliances use the most electricity, keeping a rough estimate or log can help to calculate annual electricity and costs.
- **Find the wattage of the product, this can be stamped on appliance or multiply the appliance ampere usage by the appliance voltage usage.**

Electronics

- Switch off all electronic devices whenever not in use, leaving devices on standby will still use electricity
- Switch off computer monitor
- Make use of power saving features on electronic devices
- Using electronic device with automatic switch off



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Heating systems

- Install a timer can help to reduce costs within the home, a timer turns off the electric water heater at night
- The timer can be used to turn off the water heater during peak periods.
- Lower the thermostat setting
- Do not leave heating on continuously
- Timing the heating strategically, keep the heating off whenever everyone is out of the house
- Keep heating system maintained, this will help insure that the energy from the fuel is used efficiently

Require more information?

All these tips can be found in our website www.gopower.co.uk

If you need personal advice please contact Go Power at: 028 8676 0600 or at support@gopower.energy and one of our customer service representatives will be able to provide you with information.

Bryson Energy Advice.

Information is also available at www.brysonenergy.org. The Bryson Energy Advice Line welcomes householder calls on impartial energy advice and any grants you may be entitled to. Just call **0800 1422 865** for *your local service* or email at advice@brysonenergy.org

NI Direct

NI Direct provides citizen's advice in terms of energy efficiency, energy savings grants, central heating and insulation. It also provides information in regards to greener lifestyles.

All these tips can be found on the NI Direct website: <http://www.nidirect.gov.uk/index/information-and-services/environment-and-greener-living/energy-wise/energy-efficiency.htm>

<http://www.nidirect.gov.uk/index/information-and-services/environment-and-greener-living/greener-lifestyles.htm>

If you require the codes of practice on the Efficient Use of Electricity in alternative format a copy is available upon request. We will endeavour to accommodate customers with requests for an alternative format.