



NPT Home Inspection Services

Energy Rating Solutions

At NPT Home Inspection Services we understand that it's not just after a Recommendation Report in an EPC that changes can be made - the biggest long-term savings come from changing energy habits and being more energy efficient around the home. It's a good idea to re-invest this money in energy saving products and appliances to reduce your energy consumption even further. The long-term savings will more than pay for the cost of purchasing and installing these measures.

We have put some useful information in this leaflet; It should not only help you reduce your utility bills but will also help reduce your carbon footprint.

“Save money, save energy & start reducing CO₂ emissions.”

Helpful Energy Saving Tips for your Home

Heating and Lighting Tips:

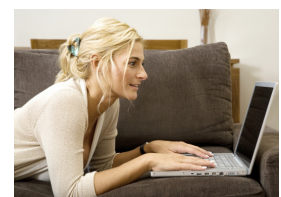
- Time the heating to go off at least 30 minutes before leaving the house, and come on again 30 minutes before you are due to return.
- Make sure curtains or furniture are not in front of a radiator to maximise heat emitted.
- Turn the thermostat down. Reducing room temperature by 1 °C could cut heating bills by up to 10%. This could be a saving of around £40 per year.
- Use energy saving light bulbs. Just one of the newer models can save you £60 over the lifetime of the bulb - as they last up to 10 times longer than ordinary light bulbs.



- Up to 35% of heat escapes through the walls. Getting cavity wall insulation could save up to 15% of heating costs.
- Up to 25% of heat is lost through the loft. Most homes have some loft insulation but most don't have enough - To meet current Building Regulations you need 270mm of mineral wool insulation. 100mm between the ceiling joists and 170mm laid over the joists (2009).

Using Electrical Appliances:

- Switch off appliances such as microwaves, TVs, videos, stereos and computers when not in use as they can use up to a staggering 85% of energy to keep them powered down, it also reduces the life of the appliance if left on standby.
- Remember to unplug equipment e.g. mobile phones, shavers and electric toothbrushes once they are fully charged.
- Using 'A' rated electrical appliances will use far less electricity than conventional models thus saving you money and reducing your carbon footprint.





Refrigeration:

- Don't leave the fridge door open for long periods of time. Avoid putting hot or warm food straight into the fridge; allow it to cool first.
- Defrost the fridge regularly to keep it running efficiently and cheaply. It makes sense to avoid putting your fridge next to an oven or boiler. If possible, keep the freezer in a cool room or garage.

Recycle:

- Recycle paper, drinks cans, glass and plastic containers instead of throwing them away.
- Do you really need to send letters by post? You can send an email instead.
- Buy local products, from food and clothing to electrical equipment, this will promote a healthy local economy and will reduce fuel consumption in transporting your goods.
- Purchase items with less packaging and only buy the things you need.



Washing machine and dishwashers:

- Only wash full loads or use a half-load or economy programme. Always use a low temperature programme as modern washing powders will be just as effective.
- Modern dishwashers use less energy and water than washing up by hand.

Tumble dryers:

- Dry your clothes outside when possible.
- When drying clothes indoors, don't put them over a radiator. This stops the heat from reaching the rest of the room.



Cooking:

- Match the size of the ring to the size of the saucepan or you will be paying to heat the air. Gas flames should only heat the bottom of the pan (not the sides).
- Putting lids on pans can reduce energy used by 70%.
- Pressure cookers, steamers and microwaves save energy.
- Make toast in a toaster rather than using the grill

Hot water:

- Only boil as much water in the kettle as needed.
- If you live in a hard water area, de-scale the kettle to keep it working efficiently for longer. At least twice a year, soak the element overnight in vinegar.
- An ordinary shower can use just two fifths of the water for a bath. In contrast, a power shower can use as much water as a bath and sometimes more.
- Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C/140°F.
- A dripping tap can waste up to 4 litres of water a day so make sure worn washers are replaced.



Contact us:

NPT Home Inspection Services

Tel: 01639 763288

Web: www.npthomeinspection.co.uk

Email: homeinspection@npt.gov.uk

Or follow us on Twitter: <http://twitter.com/NPTTHIS>