

### Hints and Tips

Here are some suggestions about what households can do to cut their energy bills without losing any comfort:

- If the home has a hot-water tank or cylinder, it should have at least 8cm (3 inches) of insulation. This will reduce the cost of heating the water and keep it hot for longer
- If there is no thermostat on the hot-water tank it is worth looking into having one fitted. The hot water thermostat should be set at 63°C (140°F), as this is usually hot enough for most household use
- Only switch the hot water on for the hours when hot water is needed. It is more expensive to leave it on all day. An hour in the morning and an hour in the afternoon/evening is usually enough for most people's needs
- Heavy curtains at the windows will help to keep the heat in and closing them as soon as it starts to go dark also helps. But make sure the curtains are tucked behind any radiators at the windows
- The thermostat on the central heating should be set at 21°C (70°F) for the living room. Do not waste energy by opening windows - turn down the room thermostat or individual radiator controls instead
- Use low energy light bulbs in rooms where the lights are on for long periods of time. They last up to 12 times longer than ordinary light bulbs and use only a fifth of the electricity
- With storage heaters, it is important to close the damper or output dial, (sometimes called the boost) before going to bed or if the house is unoccupied during the day
- Do not leave appliances on standby but switch them off at the wall instead
- Small shelves placed about 5cm (2 inches) above radiators help push warm air towards the centre of the room. If the radiators have individual thermostats these can be turned down a little – especially in rooms that are not used all the time



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