



TANYA'S TOP TIP for energy saving is to change your water heater setting and reduce your use of hot water because it's one of the biggest energy guzzlers.

AN introduction to saving energy

Use this checklist to find more energy savings around your home. Then go to www.transport.wa.gov.au/livingsmart for information on energy solutions.

LIVING AREAS: SPACE HEATING & COOLING	ALREADY DOING <input checked="" type="checkbox"/>	NEW ACTION <input checked="" type="checkbox"/>
TURN HEATING AND COOLING OFF WHEN YOU ARE OUT		
CLOSE OFF SECTIONS OF THE HOUSE THAT ARE NOT BEING HEATED OR COOLED		
SET THERMOSTATS ON AIR CONDITIONERS BETWEEN 24 – 26°C		
SET HEATING THERMOSTATS TO 18 – 20°C		
ON HOT SUMMER DAYS, CLOSE THE WINDOWS AND DRAW THE CURTAINS		
ON SUNNY WINTER DAYS, PULL BACK THE CURTAINS AND LET THE WARMTH IN		
SHADE WINDOWS FROM THE OUTSIDE WITH AWNINGS OR SHADE CLOTH		
USE REVERSIBLE CEILING FANS. THEY ONLY COST ONE CENT PER HOUR TO RUN!		
USE THE BREEZE TO COOL YOUR HOME		
INSULATE YOUR CEILINGS, WALLS AND UNDER TIMBER FLOORS		
USE MORE LAYERS OF CLOTHES OR BLANKETS INSTEAD OF HEATING YOUR WHOLE HOUSE		
REGULARLY SERVICE HEATERS AND AIR CONDITIONERS		
JUST OUTSIDE: WATER HEATING	ALREADY DOING <input checked="" type="checkbox"/>	NEW ACTION <input checked="" type="checkbox"/>
SET INSTANTANEOUS HOT WATER SYSTEM TO 50°C AND STORAGE SYSTEM TO 60°C		
USE A TIMER ON ELECTRIC BOOSTED SOLAR HOT WATER SYSTEMS TO MINIMISE WATER BEING HEATED WHEN YOU DON'T NEED IT		
TURN THE HOT WATER SYSTEM OFF WHEN YOU GO ON HOLIDAYS		
INSULATE THE HOT WATER SYSTEM PIPES THAT ARE COMING IN TO YOUR HOUSE		
SWITCH TO A SOLAR HOT WATER SYSTEM, A HEAT PUMP OR 5/6 STAR GAS		
USE A GOOD QUALITY POOL BLANKET TO REDUCE HEAT (AND WATER) LOSS		



YOUR BATHROOM	ALREADY DOING <input checked="" type="checkbox"/>	NEW ACTION <input checked="" type="checkbox"/>
HAVE A SHORT SHOWER, INSTEAD OF A BATH (4 MINUTES OR LESS)		
INSTALL A WATER RESTRICTOR OR LOW-FLOW SHOWERHEAD		
AVOID USING HEAT LAMPS AND HEATED TOWEL RAILS		
YOUR LAUNDRY	ALREADY DOING <input checked="" type="checkbox"/>	NEW ACTION <input checked="" type="checkbox"/>
USE THE WASHING MACHINE WHEN THE LOAD IS FULL		
USE COLD WATER SETTINGS RATHER THAN HOT FOR MOST WASHES		
DRY YOUR WASHING ON THE CLOTHESLINE RATHER THAN THE ELECTRIC DRYER		
YOUR KITCHEN	ALREADY DOING <input checked="" type="checkbox"/>	NEW ACTION <input checked="" type="checkbox"/>
USE A FRIDGE THERMOMETER TO SET YOUR FRIDGE TO BETWEEN 3 – 4°C		
PLACE THE FRIDGE OUT OF DIRECT SUNLIGHT AND AWAY FROM HEAT SOURCES		
DEFROST FROZEN FOOD IN THE REFRIGERATOR		
MAKE SURE THE SEAL ON THE FRIDGE IS TIGHT AND KEPT CLEAN		
UPGRADE YOUR OLD FRIDGE TO AN ENERGY EFFICIENT MODEL		
WAIT UNTIL THE DISHWASHER HAS A FULL LOAD BEFORE RUNNING IT		
USE ENERGY SAVING DISHWASHER CYCLES		
USE THE MICROWAVE INSTEAD OF A CONVENTIONAL OVEN		
SWITCH OFF THE 2ND FRIDGE IF YOU ARE NOT HAVING A PARTY		
AROUND THE HOME: YOUR APPLIANCES AND FITTINGS	ALREADY DOING <input checked="" type="checkbox"/>	NEW ACTION <input checked="" type="checkbox"/>
REMEMBER TO TURN OFF STANDBY POWER WHEN APPLIANCES ARE NOT IN USE		
REPLACE INCANDESCENT LIGHT BULBS WITH COMPACT FLUORESCENT LAMPS		
FIX LEAKS, ESPECIALLY IN HOT TAPS		

MAKING A BIG INVESTMENT?

CHECK THIS OUT: Appliance energy rating scheme

When you buy an appliance check the size, features, price and running costs. Look for the energy star rating on the product, or look it up at www.energyrating.gov.au.

During 2010/11, Living Smart will be offered to around 10,000 households in Perth's eastern region as part of the Perth Solar City program. For more information on this Australian Government initiative, please call 1300 993 268 or visit perthsolarcity.com.au. The Living Smart Ambassadors are Tanya Ha (expert in environmental living and the author of *Greeniology* and *Green Stuff for Kids*) and Josh Byrne (sustainability specialist, presenter on ABC TV's *Gardening Australia* program and author of *The Green Gardener*). The information in this brochure is provided in good faith. However the accuracy or appropriateness of the information is not guaranteed. The Living Smart brand has been developed by The Meeting Place Community Centre, the City of Fremantle, Murdoch University and Southern Metropolitan Regional Council to support a suite of programs developing capacity in community sustainability.