

# POWER SMART TIPS FOR HOME

## POWER SMART EMPLOYEE AWARENESS

### HERE ARE A FEW POWER SMART TIPS TO HELP YOU SAVE ENERGY AT HOME.

#### Appliances

- When possible, use small appliances such as a microwave or toaster oven instead of a full-size oven.
- Avoid using the microwave to defrost food. Use the fridge instead.
- Keep oven pre-heating to a minimum, and the door closed during use to avoid heat loss.
- Air-dry dishes in the dishwasher or use the economy setting.

#### Thermostats

- Set the thermostat back when you are not home or overnight, and you will save 5 to 10% on your annual energy bill.
- Use programmable thermostats that automatically raise and lower temperatures to preset levels.
- Keep furnace filters clean. Dirty filters deliver less air.
- Avoid heating uninsulated spaces such as a garage, crawlspace, attic or storage shed.
- Recommended thermostat settings:

Sitting, reading or watching TV . . . . .	21°C (70°F)	Sleeping . . . . .	18°C (64°F)
Working around the house . . . . .	20°C (68°F)	Away from home . . . . .	16°C (61°F)

#### Water saving ideas

- Take short showers rather than baths. A five-minute shower uses about half as much water as a bath.
- Run your dishwasher and laundry appliances with full loads.
- Wash laundry with cold water whenever possible.
- Turn off taps completely and repair leaky faucets.

#### Lighting

- Convert incandescent bulbs to energy-efficient compact fluorescents.
- Use task lighting for close work, rather than lighting the entire room.
- Turn off the lights when you leave the room.
- Keep light bulbs and fixtures clean.
- Control the intensity of light with dimmer switches.
- Turn lights on or off at preset times with timers or motion sensors.

#### Office equipment

- Turn equipment off when it is not in use.
- Enable ENERGY STAR® power settings on your computer. Look in the Windows control panel under display settings for this feature.
- If your computer must be left on when you are not using it, turn off the monitor. Screen savers do not save energy.
- Unplug chargers for laptops and cell phones when they are not charging.

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