









Household Energy Saving Action Checklist


I will do! 			Cost	Effort	Impact?	I do it! 
Cooling						
<input type="checkbox"/>		Close the curtains in places of direct sunlight.	0	low	★★★★	<input type="checkbox"/>
<input type="checkbox"/>		Use a fan when suitable.	0	low	★★★	<input type="checkbox"/>
<input type="checkbox"/>		Ventilate the house - open doors and windows in the evening when it's cooler. Turn off aircon.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>		Set aircon temperature to 24-26 degrees for cooling. Save 10% with each degree reduced.	0	low	★★★★	<input type="checkbox"/>
Fridge						
<input type="checkbox"/>		Turn off that second fridge or freezer when it's not in use.	0	low	★★★★	<input type="checkbox"/>
<input type="checkbox"/>		Don't open the fridge door too often, or hold it open for long.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>		Don't pack your fridge too full, it can prevent circulation of cold air. Too empty will also make it less efficient.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>		Keep the seals around the doors clean. Dirty seals can cause the cold to leak out and waste energy.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>		Consider replacing an older fridge. (more than 8 years old) with a new energy saving model. Choose the right size for your needs, the bigger it is the more it will cost to run. You may be eligible for the NSW Govt's 'Home Energy Appliance Replacement Scheme for low income households'.	\$\$\$	moderate	★★★★	<input type="checkbox"/>
TV & Computer						
<input type="checkbox"/>		Use an energy saving setting if your TV has one, otherwise turn down the brightness to save energy.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>		Save up to 10% by turning electronics off at the wall switch overnight or when not being used.	0	moderate	★★★	<input type="checkbox"/>
<input type="checkbox"/>		When buying a new tv or computer monitor use energy rating labels to upgrade to a high efficiency model. You will spend less on running costs over the life of the purchase.	\$\$\$	moderate	★★★★	<input type="checkbox"/>
Lighting						
<input type="checkbox"/>		Turn off lights in the rooms you aren't using.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>		Use natural light whenever possible, e.g. open curtains and blinds.	0	moderate	★★★	<input type="checkbox"/>
<input type="checkbox"/>		Use energy efficient light bulbs, e.g. incandescent or halogen with LED or compact fluoro.	\$\$\$	moderate	★★★	<input type="checkbox"/>

- 1) Identify energy saving actions that you're already **aware of**, and **are doing** ('I do it' box)
- 2) Learn about other actions that you would be **willing to commit to** ('I will do' box)
- 3) Put this list on your fridge to **remind** everyone in your household!


I will do! ✓ **Cooking**

<input type="checkbox"/>		Cost	Effort	Impact?	✓ I do it!
<input type="checkbox"/>	Use a small bench top oven for cooking smaller meals, e.g. pizza, casserole.	< \$10k	low	★★★	<input type="checkbox"/>
<input type="checkbox"/>	Only fill the electric kettle with as much water as you really need.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>	 Use lids on your pots whenever possible to keep the heat in.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>	Turn hot plates off sooner, they will keep cooking for a few minutes.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>	Turn your microwave off at the wall if convenient, having it on standby 24/7 uses quite of bit of energy.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>	If you have electric hot plates, consider getting a portable induction cooker. They heat much quicker and are more efficient.	< \$100	low	★★★	<input type="checkbox"/>


I will do! ✓ **Laundry**

<input type="checkbox"/>		Cost	Effort	Impact?	✓ I do it!
<input type="checkbox"/>	Wash clothes in cold water when you can. It's about a third of the energy (and cost) of washing in warm water.	0	low	★★★	<input type="checkbox"/>
<input type="checkbox"/>	 Avoid using a dryer, hang clothes on the line instead.	0	moderate	★★★	<input type="checkbox"/>
<input type="checkbox"/>	Consider replacing an older washing machine/dryer (more than 10 years old) with a newer energy saving model. Choose the right size for your needs, the bigger it is the more it will cost to run.	\$\$\$	moderate	★★★★	<input type="checkbox"/>

I will do! ✓ **Hot water**

<input type="checkbox"/>		Cost	Effort	Impact?	✓ I do it!
<input type="checkbox"/>	Take shorter showers (e.g. less than 5 minutes). Heating hot water uses a lot of energy.	0	moderate	★★★	<input type="checkbox"/>
<input type="checkbox"/>	 Install a water-saving shower head. To check yours, do a one minute bucket test to find out how much it uses. A good shower head will use less than 8 litres in a minute.	< \$40	moderate	★★★★	<input type="checkbox"/>
<input type="checkbox"/>	Fix any leaking taps, especially if they are hot water taps.	\$	moderate	★★★	<input type="checkbox"/>

I will do! ✓ **Heating**

<input type="checkbox"/>		Cost	Effort	Impact?	✓ I do it!
<input type="checkbox"/>	Close doors, keep heat in the rooms you use and close off those you don't, avoid heating the whole house.	0	moderate	★★★	<input type="checkbox"/>
<input type="checkbox"/>	If you have a heater with a thermostat, keep the temperature below 20 degrees. Every degree higher will increase the running costs by about 10%.	0	low	★★★★	<input type="checkbox"/>
<input type="checkbox"/>	 Block any gaps under external doors that are causing cold draughts.	\$	low	★★★	<input type="checkbox"/>
<input type="checkbox"/>	Close curtains at night to keep the heat in.	0	low	★	<input type="checkbox"/>
<input type="checkbox"/>	Refer to the energy rating labels when buying a new heater. Upgrading to a high efficiency heater will save on running costs over the life of the purchase.	\$\$\$	moderate	★★★★	<input type="checkbox"/>
<input type="checkbox"/>	Use reverse cycle air conditioning to heat your home. It's 3-4 times more efficient than using other types of electric heaters, although initially expensive.	≈ (\$1500 - \$2500)	moderate	★★★★	<input type="checkbox"/>

based on purchasing a 3-7kw unit