



# 28 + Ways to Save Energy

With the rising cost of energy here are some easy to do tips to help lower your energy bill.

## Heating

- ✓ **Buy** a programmable thermostat, especially if your home is vacant most of the day. Set it to turn on a half hour before anyone arrives home. Also turn it down at night before bed. Use more blankets at night to keep your body warm enough without warming your whole home.
- ✓ **If** you turn down your home thermostat two degrees it saves 24 -kilowatt hours a month. It might not sound like much, but it adds up.
- ✓ **Adjust** your thermostat to a comfortable temperature and wait. Turning your thermostat up or down dramatically is wasted energy and increases your heating costs.
- ✓ **Keep** your floor vents uncovered. Make sure that there is no furniture or appliances sitting over the vents and blocking the airflow also adjust long curtains to ensure airflow goes into the room.
- ✓ **Keep** your furnace clean and in good repair. It's a good idea to clean or change your filter every couple months during the heating season - a dirty filter reduces the airflow and forces the furnace to run longer to heat your home.

## Energy

- ✓ **Trade** your standard incandescent bulbs for compact fluorescent bulbs. They are more energy-efficient, last for years instead of months, consume little power and generate little heat.
- ✓ **Turn** off your computer when not in use, or use the energy-saving "sleep" mode.
- ✓ **Seal** energy leaks. Caulk over cracks and small holes around windows and exterior walls. Look carefully around plumbing pipes, telephone wires, dryer vents, sink and bathroom drains and under counter tops. Replace old deteriorated weather stripping.
- ✓ **Buy** major appliances that sport the "Energy Star" sticker. That shows the appliance meets or exceeds standards set by Canada's Energy Efficiency Regulations and the Environmental Protection Agency.
- ✓ **Consider** a front-loading washing machine. They use 50 percent less energy and one-third less water. Plus, they remove far more water in the rinse cycle, and that translates into big savings in dryer time.
- ✓ **Check** with your utility company for rebates whenever you install energy-saving equipment.
- ✓ **Hang** one load of laundry a week instead of drying it in the dryer. Don't over dry your clothes.
- ✓ **Keep** windows on the south side of your house clean to maximize solar gain.

## Hot Water

- ✓ **Lower** the water heater thermostat to the lowest level that meets your hot water needs (midway between 'low' and 'medium' settings on many units). Each decrease by 5° C in water temperature can save you 5%
- ✓ **When** you are going to be out of town for an extended period of time, use the vacation setting or turn off your water heater.
- ✓ **Installing** a special tank blanket onto your water heater can reduce its electricity use.
- ✓ **For** more energy savings, wrap your hot water pipes in pipe insulation to minimize the conduction of heat through the pipes so you can lower the temperature of the hot water tank.
- ✓ **If** you are building a new home or it is time for a new tank, consider an on-demand water heater.
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- ✓ **Switch** to cold when doing your laundry. 85 – 90% of the energy used to wash your clothes is used to heat the water. By turning the dial to cold on your washing machine, you help the environment, save energy, and save money.
- ✓ **Wash** full loads of laundry and dishes.

### **Insulation & Ventilation**

- ✓ **Add** more energy-efficient insulation to your attic, preferably with a resistance rating of R-35 to R-50 (R-50 is recommended by Climate Change Central)
- ✓ **Ventilation** plays a large role in providing moisture control and reducing summer cooling bills. Attic vents can be installed along the entire ceiling cavity to help ensure proper airflow from the soffit to the attic, helping make your home more comfortable and energy efficient.
- ✓ **On** sunny days, open south facing drapes and let the sun in, a natural source of heat. If you have large windows that don't receive direct sun, keep the drapes closed. Close your curtains and shades at night; open them during the day in the winter.
- ✓ **Invest** in weather-stripping kits if you've got drafty doors, and windows.

### **General Tips and Tips with Little Expense**

- ✓ **Get** a home energy audit every couple of years to find ways to cut costs.
- ✓ **Landscaping** with the right mix of trees and shrubs can lower your energy bills by blocking winter winds and the summer sun.
- ✓ **Use** a type of humidifier on your furnace that uses a float system and does not waste excess water. Hundreds of liters of clean water per month per house is wasted.

Please share this information with your friends and family.



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