



Energy in your home

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26th Feb 2007



Intelligent Energy  Europe

CODEMA

“To contribute to the sustainable development of Dublin through good energy management, which will benefit the living environment and improve the quality of life of the people who live and work in Dublin.”

CODEMA

CODEMA offers:

- Independent Advice – we ensure you get the best energy advice, free from the bias of suppliers when building or developing
- Local Service – we are based in Dublin and familiar with local regulations
- Smart Energy Guidelines – we will help you meet all new energy standards, such as the new energy certificates for buildings and the new 2005 Building Regulations Part L

CODEMA

CODEMA is Dublin's primary energy advisory agency, responsible for sustainable energy guidance for many major projects in Dublin over the past 10 years, some of which include:

- Ballymun Regeneration
- Fatima Mansions
- York Street Flats
- Bridgefoot Street
- Queen Street

ROSH “Retrofitting of Social Housing”

Objective :

- The development and marketing of integrated concepts for energy efficient and sustainable retrofitting of social housing in the partner regions. The project supports this undertaking by developing information, training and communication measures as well as providing helpful tools and materials.

Partners :

- Austria
- Italy
- Germany
- Bulgaria
- Ireland

Timescale : 32 mths (Jan 2006 – Aug 2008)



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Energy Saving Tips

- **Lighting:** Turn the lights off when leaving a room.
- If practical, use "task" lighting rather than whole room lighting when a small amount of light is required.
- Regularly clean light fittings, reflectors and lampshades.
- **Timers:** Use the timer on your immersion heater. This should supply you with enough hot water as and when you need it.
- **Electric Shower:** Take a shower rather than a bath. A typical shower uses only one fifth the energy of a full bath

Energy Saving Tips

- **Tumble Dryers:** When drying clothes in a dryer, dry heavy articles separately from light articles and turn the dryer off as soon as the clothes are dry - don't over dry the clothes!
- **Washing Machines:** The washing cycle selected on a washing machine should have the lowest water temperature required for the items being washed. A full load of washing is more energy efficient than two half loads. Use a cold rinse for your clothes.
- **Dishwashers:** Stop the dishwasher before the drying cycle and open the door to let the dishes air dry and always use the economy button where possible.
- **Electric Blankets:** Switch on electric blankets no more than half an hour before you go to bed and switch off just before you get into bed.

Energy Saving Tips

- **Computer:** Configure your computer to "energy saving" mode in which it will automatically change to the state of low consumption.
- Switching off the screen can save even more than just letting the screen saver run.
- Turning your computer off at night instead of leaving it on will save on average 25% of its annual energy bill. Remember you should turn off your computer whenever you are not going to use it for more than an hour.
- **Television:** A television in standby mode can use up to as much as half the electricity as when it is switched on.

Energy Saving Tips

- Fridge/Freezers:
- Don't let frost build up in the freezer compartment as this increases energy consumption. Remember to defrost and clean the inside of your refrigerator and freezer at least every 6 months and make sure they are positioned in a cool place, not next to the cooker or boiler or where possible not in the path of direct sunlight.
- Check that the door seals on the refrigerator and freezer are tight fitting - the seals hold a 5 euro note in place when the door is closed.
- Don't put warm or hot food straight into the freezer - let it cool down first.

Energy Saving Tips

- **Cooking:** Put lids on pots and turn down the heat when the water starts to boil. The lids not only keep heat in the pot but also reduce condensation in the kitchen.
- At a certain point in cooking, turn off electric rings and use their residual heat.
- **Microwaves:** In a microwave oven, arrange unevenly shaped items with the thickest portion to the outside. Stir or turn the food over to speed up cooking time. Remember a microwave is more efficient than a cooker for reheating food.

Energy Saving Tips

- **Electric Ovens:** The oven is expensive to use - try to use it as sparingly and efficiently as possible. Where possible use it for more than just one item and remember you can cook at a higher temperature at the top of the oven, and simultaneously at a lower temperature at the bottom.
- Do not open the oven door to check cooking - every time you do so you lose 20% of the accumulated heat.
- **Toasters & Kettles:** The toaster is more energy efficient than the grill for toasting bread.
- When making tea or coffee, boil only the amount of water required (but make sure the heating elements of electric kettles are covered!).

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When purchasing...

- **Appliances:** Be demanding when you buy, check the energy labels on appliances. Purchase 'A' rated appliances whenever possible, they can save their replacement cost over their lifetime and benefit the environment.
- **Compact Fluorescent Lamps (CFLs):** These use a fraction of the electricity and last up to 10 times longer than ordinary light-bulbs - could you install more in your home?
- **Electric Heaters:** When buying heaters, make sure they are the right size for the rooms they are to heat. Remember that electric heaters consume electricity at the most expensive charge

When purchasing...

- Hot Water Heating:
- Use the timer on immersion heaters. This should supply you with enough hot water as and when you need.
- Heating hot water account for 64% of energy consumption in the home: you should be thrifty in its use.
- 90% of the energy consumption of washing machines goes on heating the water. Wash clothes whenever possible in cold
- or cool water.

When purchasing...

- Heaters:
- When buying heaters, make sure that they are the right size for the rooms they are to heat, and that they have thermostatic controls.
- Remember that electric heaters other than storage heaters consume electricity at the most expensive charge rate.
- Choose heaters with thermostat controls and timers



Heating Tips

- Central Heating:
- Turn off the heating overnight and when you are out during the day.
- Proper control and regular maintenance of your heating system can reduce fuel consumption by 10-20%
- Heat bedroom areas to less than 18°C
- 20°C is an ideal room temperature.
- Turning down thermostats by 1°C can reduce annual space heating energy consumption by 10% with an equivalent reduction in greenhouse gas emissions.

Heating Tips

- Heat Loss:
- Open fires are wasteful of energy with more than 70% of the energy going up the chimney.
- If the radiator is mounted below a window, a projecting window-board or shelf above the radiator will direct warm air into the room, reducing heat loss through the window.
- Close doors to separate heated from unheated areas of your home, and minimise the area you are heating.

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Insulation

- Insulation:
- Much of the heat loss from a house occurs through the windows particularly if they are single glazed. Keep curtains closed at night and ensure that the curtains don't hang over the radiators.
- A lagging jacket on your hot water cylinder will keep water hotter for longer and pay for itself in 2-3 months.
- If replacing the hot water cylinder, a cylinder with factory applied insulation should be considered. Such insulation is more effective at retaining heat than a lagging jacket, is less easily damaged and cannot be pulled out of place.
- Insulate your attic and save up to 20% on your home heating bill.



Insulation - fibreglass



Insulation - polyiso



Free information

- Sustainable Energy Ireland (SEI)

- www.sei.ie

- Hotline: 1850 734 734

- Power of One Campaign

- www.powerofone.ie

- Tel: 1850 221 122

Thank you for your attention!

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