

# CHECKLIST GUIDE FOR PEOPLE IN YOUR HOME

## GUIDE TO GET EVERYONE IN YOUR HOME INVOLVED IN SAVING ENERGY

Saving electricity at home requires the help of all members of the household, including children, extended family, and domestic workers or childcare/nannies. They often can be the main users of some of the most energy-intensive appliances in a home. Use this checklist as a guide to share and discuss ways they can play a greater role in saving electricity.

### Hot water:

- Use less hot water wherever possible. Don't let the hot water run unnecessarily. Use cold water to wash your hands instead of hot water. Use a basin plug when washing.
- When using a kettle, boil only as much water as you need. Don't boil a full kettle if you only need hot water for one or two cups.

### Laundry:

- Wash laundry in cold water, unless there is a special need for hot water.
- Don't wash clothing that isn't dirty just because someone forgot to hang it up.
- Wait until you have a full load to run the washing machine, whenever possible. A front-loader can be filled to the top, but not packed tightly.
- Only wash sheets once every week. Every second week is usually fine in winter.
- Try not to use a tumble dryer. Wait for dry weather to use the washing line. Or if the weather is wet, hang your clothes indoors on a rack to dry.
- Only iron what really needs to be ironed. Don't iron things with wrinkles that don't matter, like pajamas, underwear or fitted sheets. To reduce wrinkles in the first place, shake and smooth them out when drying and fold them carefully when dry.

### Dishwasher:

- Run the dishwasher only when it is full, wherever possible. It is usually more energy and water-efficient to use a dishwasher than washing dishes by hand.
- Use the lowest temperature setting on the dishwasher, such as 35° or 45°.
- Turn off the heat-dry button. Open the dishwasher to air-dry instead.

### Cooking:

- Make sure the stove plate you use is the right fit for the pot or pan that you're using.
- Use lids on pots to keep in the heat, so you don't need to use so much energy.
- Turn off the stove before you've finished cooking. Hot plates retain heat and will continue to cook your food.
- If you have an insulation cooker (like a Wonderbag or HotBox) then bring food to a boil, and place the hot pot in the insulation cooker to keep food cooking without using more electricity (or gas).

### Appliances:

- Switch off equipment when not in use. Turn off at the wall socket or unplug appliances rather than keeping them on standby mode.

### Lighting:

- Maximise sunlight. Open the curtains in the morning rather than turning on lights.
- Turn off the lights when you leave a room.

### Heating and cooling:

- Reduce excessive heating or cooling.
- Heat the person not the space e.g. use a hot water bottle.
- Wear warmer clothing before turning on electric heating.
- Close curtains and blinds to trap the day's heat inside for the colder night hours. Let the warm sunshine in during the day.

For more information, visit [www.SavingElectricity.org.za](http://www.SavingElectricity.org.za)



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