seai SUSTAINABLE ENERGY AUTHORITY OF IRELAND

Saving energy at home

! One quarter of all the energy we use is in our homes. In 2017, 59% was for heating, 20% for water heating, 18% for lighting & appliances, and 2% for cooking.

Think about it…

Here are some questions to get your class thinking about the energy you use each day at home…

1. *How do you use energy where you live? Think about each room: kitchen, bathroom, bedroom, living room*
2. *What electrical appliances or equipment do you use every day?*
3. *Can you think of ways to save energy at home?*

Energy in the home

Energy is used in homes for lots of things like heat, light, cooking, laundry, taking a shower, watching TV or gaming. Burning fossil fuels for energy produces carbon dioxide. Carbon dioxide is one of the greenhouse gases which are causing climate change. Energy is essential to the comfort of our homes and provides heat and electricity.

What can you do?

There are lots of ways to use less energy and make your home more comfortable. You can also save money and take action against climate change by saving energy. Here are some things you should consider when thinking about saving energy at home:

- Lighting.
- Heating and hot water.
- Appliances; washing machines, dishwashers, cookers, tumble dryers.
- Electronic and home entertainment equipment; computers, TV, DVD, games consoles.
- Insulation.

There are different types of energy saving measures people can take. Some cost money and some cost nothing. Here are some examples:

Change how you behave

- Set the times that your heating comes on and off in line with your daily routine.
- Turn the thermostat in living areas down to 20°C.
- Close doors to keep the heat in.
- Close curtains to keep heat in, but open them in the morning to let the heat of the sun in.
- Use the radiator valve to turn the temperature down or off in rooms that you do not use a lot.
- Turn the heating off when you leave the house or if you go away.
- Use natural daylight as much as possible.
- Turn off lights when you are leaving a room or when you do not need them.
- Dry clothes on a clothes horse or washing line instead of in a tumble dryer.
- Switch off all your appliances at night and when you are not home.
- Cover pots and pans with a lid to keep the heat in.

Low-cost tips

- Replace failed light bulbs with energy efficient bulbs.
- Check windows, keyholes and doors for draughts of cold air and plug them.
- If you do not use your fireplace, use a chimney balloon to keep the draughts out.

Medium-cost tips

- Insulate your attic.
- Buy energy efficient appliances. Look for A on the Energy Label.
- Install an energy monitor in your home to help manage your energy use.

Long-term tips

- Insulating your attic and walls could save you 30-40% on your home heating bill.
- Consider renewable energy, like solar panels.
- Saving water saves energy. It takes energy to treat and pump water into homes, and to heat it. Using less hot water saves energy, a shower uses 20% of the energy it takes for a bath.

- Set your hot water thermostat to between 60-65°C, to make sure that you do not overheat your water.

- Most of the energy used by a dishwasher and washing machine is for heating the water. Choose a lower temperature setting and save on your energy costs - wash clothes at 30°C.

- Don't boil a full kettle for one cup of tea.

Find out more

Resources for Teachers and Student

Websites

- Visit SEAI's website and find lots more [tips to save energy at home](#)

- Find out more about using [solar power](#)

- Learn about [SEAI Home Grants](#)

- ESB have lots of information on [energy efficiency at home](#)

- See tips from the [Environmental Protection Agency on Living Green](#)

- Find out the truth about [leaving things on stand-by](#)

Videos

- [Energy, Let's Save It!](#)

- [Dermot Bannon: Getting people to care more about energy efficiency](#)

Resources for Teachers only

Use the [Energy in Action](#) resources with your class.

- [C2 Activity 2: Testing Personal Energy Efficiency and Worksheets C and D](#)

- [C2 Activity 3: Energy Labels and Appliances and Worksheets E, F and G](#)