



## Use Smart, Save Smart

At ENSTROGA we firmly believe that by providing you with smart tips about energy, we can also maximize your satisfaction on your savings in electricity bill. Here are some tips on how to save energy and reduce your bills.

### Don't leave appliances on standby

When using appliances such as TVs, computers, stereos and mobile charges, they still use electricity when you leave them on standby. By switching them off completely when you are not using them you save energy and money.

### Make things easy for your fridge and freezer

Keeping them full leads to less energy use since they do not have to work as hard. Any empty space in your fridge or freezer wastes energy and space.

### Be efficient when washing

1. 90% of the energy expenditure is spent on heating the water, by washing it at 30-40 °C you are saving significant amount of energy and money.
2. Instead of using a dryer machine, use the hanger and air-dry your clothes if the weather is warm or windy (not too windy). Not only will you be saving energy and money, but your clothes will smell even more refreshed than when used dryer.
3. When clothes are not completely dry they are easier to iron and way quicker, so take them out before they dry complete and make it easier on yourself.

### Adjust your power

Every supply point has a power level chosen by you. This power will depend on the maximum amount of energy needed.

Therefore, a small apartment where one or two people live without heating and air conditioning and gas stove is not the same as a large house with many appliances connected to electricity, heating in winter, air conditioning in summer and an electric cooker.

Lowering your power supply to the needs of your property can mean a saving.

## Changing the light bulbs

Electric lighting has undergone a huge change in the last decade. Traditional incandescent bulbs have given way to those of low consumption or LEDs, in fact, incandescent bulbs are no longer manufactured due to a European directive that aims to eliminate them from the market progressively.

The change of lighting in homes, businesses, factories and warehouses, etc. can save between 50% and 70% with low-energy bulbs and between 85% and 95% with LED bulbs.

In addition to energy savings, LED lighting is less polluting and reduces CO2 emissions by 80%.

## Turn off the lights

With something as simple as turning off the lights when you do not need them you can get great savings on electricity. It is always best to use natural light when available and only use artificial light when it is really necessary.

## Isolate doors and windows

Good insulation increases the functionality of the heating and air conditioning, and significantly reduces energy consumption. If doors and windows contribute to keeping the heat in winter and the cold in summer, the savings can be up to 70%.

If the heat does not escape in the cold winter days, it will be possible to reduce the time of operation of the heating; and if the house remains cool in summer, it will not be necessary to lower the temperature of the air conditioning.

## 'A' class or above

We have more and more electrical appliances connected to the electrical system, so it is important that they consume as little as possible.

Each appliance has a label that indicates its energy efficiency, i.e. its consumption. The use of devices of A +, A ++ and A +++ class can save up to 80% on your electricity usage.

## Independent Advice

For further advice you can visit the following websites.

## National Energy Action

England: <http://www.nea.org.uk/>

Wales: <http://www.nea.org.uk/nea-cymru/>

## **GOV.UK**

**Website:** <https://www.gov.uk/>

**Forum:** <https://www.gov.uk/government/groups/maximising-energy-efficiency-forum>

## **Citizens Advice Bureau UK**

**Website:** <https://www.citizensadvice.org.uk/energy/>

**Phone:** 03454 040506

**Citizens Advice Consumer Service**

**Post Point 24 Town Hall**

**Walliscote Grove Road**

**Weston-super-Mare**

**North Somerset**

**BS23 1UJ**

## **Citizens Advice Bureau Scotland**

**Website:** <https://www.citizensadvice.org.uk/scotland/consumer/energy/energy-supply/>

**Phone:** 03454 040506