

# COVID-19 – Energy Efficiency

## Energy efficiency tips for savvy students – room by room

### BEDROOMS

- Unplug devices and turn the lights off
- Don't keep your phone charging overnight

### BATHROOM

- Hot shower (limited to four minutes) uses less than half the energy of a hot bath
- Don't leave a tap running, it uses 10 litres of water a minute on average

### GARAGE AND LAUNDRY ROOM

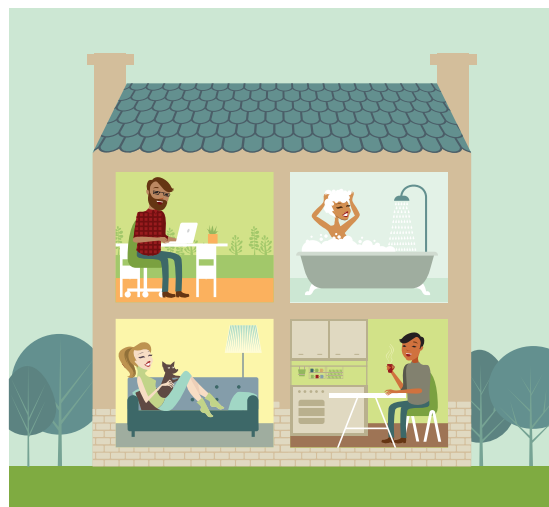
- Cold water does a decent job of cleaning. Hot water accounts for almost all the energy a washing machine uses
- Limit using tumble dryers, as they use a lot of electricity
- If you've got off-peak rates, run major appliances (like washing machines and dishwashers) at night
- If you've got solar, run major appliances when the sun shines

### KITCHEN

- Cook together where you can and try to cook bulk amounts
- Full fridges use less energy
- Only fill and boil your kettle with the minimum amount of water needed
- Dishwashers use a lot of energy. If you use one, wash at a lower temperature and try to fully load it
- Open the oven door as little as possible when cooking as this lets hot air escape
- Pressure cookers, slow cookers, steamers and microwaves use less energy than ovens

### LIVING ROOM

- Turn appliances off at the switch
- Choose energy efficient appliances
- Use energy-efficient light bulbs. Not only do they last up to 10 times longer than traditional ones, they use about seven times less electricity.
- Heat yourself before heating the space around you.
- Use good quality, energy saving power boards. Turn these off at the main switch when not in use.



### THE WHOLE HOUSE

- Only heat or cool the rooms you're using
- Close the curtains. A lot of heat escapes through open curtains
- Turn things off at the switch
- Set your heating to go off 30 minutes before you leave the house
- "Smart" electricity meters and Apps will give you a very accurate breakdown of where your energy is going
- Flash your card. Check if someone in your house is eligible for a healthcare card, as these can offer substantial discounts on utility bills.

**TOP TIP FROM STUDENTS:** Makeshift double-glazing... If you're not in a position to get new double-glazed windows fitted, some students recommend sticking perspex sheets over your windows using magnetic strips. Bubble wrap also works – yes, it looks pretty stupid, but it genuinely works!

These are difficult times for all of us. Some customers may find it useful to talk to someone. 24hr hotline support is available at: **Lifeline: 13 11 14** or **Beyond Blue: 1300 22 4636**.

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