

Energy Saving Tips for Winter



1. Heating

Set your household heating between 18 to 20 degrees, turn it off overnight, and consider using an electric blanket if you're cold in bed



2. Doors

Close doors of any rooms that aren't being used, so you're only heating the space you need



3. Lights

Make sure you turn lights off when you leave a room, and when you go to bed



4. Hot Water

Showers use the most hot water in a typical home. Try to limit shower time where possible so you don't run out of hot water and keep your energy costs down



5. Appliances

Fridges, Freezers, and Washing Machines are actually most efficient when they are full. If your fridge is only half full, consider adding other items from your pantry



Free Energy Advice

For more tailored and free energy advice, speak to a friendly energy consultant at Australian Energy Foundation on **1300 236 855**