

## **Inspiring list of energy saving measures**

The pre-master students Cas and Max started to collect a few measures that are mentioned on different websites national and international websites. The list should be used for inspiration. Other measures are also welcomed to be addressed in the video challenge.

- Decrease the water boiler temperature
  - Put your boiler on the eco-mode for the use of warm water
  - Check the water pressure of your boiler
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- Lay rugs on hard/cold flooring to keep the heat in
  - Hang heavy curtains instead of light ones to keep the heat from escaping through windows and doors
  - Fill all gaps and cracks in window frames
  - Put on warmer clothes
  - Make use of a blanket, heated, or weighted blanket
  - Close windows and/or doors while heating the house
  - Isolate your piping to prevent heat loss
  - Place draft strips around doors, windows, and frames
  - Place draft brushes under doors
  - Isolate windows with isolating foil
  - Close your curtains during the cold and grey days
  - Don't use your wood burning fireplace
  - Close the opening of your wood burning fireplace
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- Clear away the space around your radiators/convectors
  - Clean your radiators
  - Place reflective panels/foil behind your radiators
  - Bleed your radiators
  - Place radiator ventilators behind your radiator
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- Keep the lid on your saucepans while cooking – and turn down the heat
  - Cook multiple meals at the same time and freeze them
  - Heat water in the kettle before pouring it into the pot
  - Use the cooker hood only if needed
  - Open the refrigerator only for a short time
  - Leave the oven door open after you have finished cooking, the oven heat can heat up the kitchen area
  - Use smaller pots and pans while cooking
  - Make your meals in one pan, pot, or dish
  - Eat together instead of one by one

- Use appliances that use electricity instead of gas
- Become aware of how much energy you use
- Dry your clothes on a drying rack instead of the dryer
- Make use of an air humidifier
- Make sure your air vents are open
- Clean and/or replace filters on your machines
- Open your windows and refresh the air before turning on the heat
- Use a rubber jug to warm yourself
- Consider water efficient appliances and fixtures
- Consider gas/energy efficient appliances and fixtures
- Reuse heat that you have already generated from showering and cooking
- Check and clean your furnace

Be critical, use your brain!!

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