



Save Energy – Money and Increase Comfort

Lowering the thermostat really does save money! (Except for Heat Pumps – leave at one setting.)

For every degree lower you set your thermostat for 24 hours, you save about 3% of your heating costs.

For every degree you set back the thermostat for 8 hours you save about 1%.

Turn down the temperature at night, or when out of the house for 4 hours or more.

Make sure the thermostats are accurate, use thermometers and a programmable thermostat.

Heating System Actions:

Change filter - Bleed radiators - Close registers open to basement - Have heating system tuned up regularly

Check your furnace filter **monthly** during the heating season. Replace as often as needed.

Be sure when you change your filter, the arrow is pointing TOWARDS the blower.

General living habits to save heating energy:

Make sure all storm windows are closed and all windows are re-latched.

Close blinds or curtains during the night (even if they are not insulated, they can be effective)

Open blinds or curtains during the day especially on the South and West sides.

Wear warm clothing. Close rooms not in use, turn off heat if practical.

Close the door leading to an unconditioned basement. Close fire place dampers when not in use.

Implement the warm room concept, check with Hot Shotz for ideas. 240-321-5050

Use small electrical heaters when family is gathered. Save food baking for the coldest day of the week.

Use small fans to blow warmer air into areas with no or inadequate heat.

General living habits to save cooling energy:

Keep crawl space vents closed if plastic is installed on the floor.

Make sure all storm windows are closed and all windows are re-latched for air conditioning.

Turn up the AC thermostat 76 – 79 degrees, save 1-3% for each degree raised.

Close rooms not in use if not using central A/C. Use shrink plastic on leaky windows, if using A/C.

Close blinds or curtains during the day especially on the South and West sides.

Wear cool clothing. Do as much cooking outside as possible. Use ceiling fan on low with AC.

Hang out in the basement during the hottest part of the day.

Use window fans to remove air on the hot side and draw air in on the cool side of the house.

Use of a whole house attic fan can decrease the total number of days AC is necessary.

Implement the cool room concept, check with Hot Shotz for ideas, 240-321-5050.

Energy Saving Lighting Actions:

Turn off unused lights. Replace old lighting with LED bulbs. Use LED motion sensor nightlights.

Use motion sensors for outdoor lighting.

TV, Radio and Computer Actions:

Turn off TVs & radios if not watching/listening. For background noise, use a radio instead of a TV.

Turn off your computer when it is not in use. Set up the power saving features on your computer.

Use an advanced power strip so that all components turn off when the computer is not in use.

Unplug devices and chargers when they are not in use or use power strip that can be turned off with a switch.

Temperature of water:

Turn down water heater to 120 degrees.

How quickly it can cause 3rd degree burns:

156 Degrees F	1 Second
149 Degrees F	2 Seconds
140 Degrees F	5 Seconds
133 Degrees F	15 Seconds
127 Degrees F	60 Seconds
124 Degrees F	3 Minutes
120 Degrees F	10 Minutes

Appliance and furnace maintenance:

Use energy saving mode on all appliances. Clean all filters using a vacuum cleaner etc. Replace all dirty filters.

Insulate Water heater, check warrantee first. Seal leaky duct work with metal tape and insulate if possible.

Insulate hot water lines, DHW and heating system and the first 5 feet of the cold-water line.

Kitchen Actions:

Vacuum or brush refrigerator condenser coils.

Unplug second units completely or seasonally.

Keep manual defrost appliances defrosted.

Use a microwave instead of an oven or stovetop.

Refrigerator 36-42 degrees. Freezer -5 to +6 degrees.

Actions to Reduce Drafts:

Caulk interior cracks. Use tape to stop up smaller cracks. Make sure windows are latched securely.

Use Plastic shopping bags to stop air from entering large cracks.

Place a towel at the bottom of the exterior doors. Close fireplace flue when not in use.

Seal interior and exterior cracks with foam or caulk. Install gaskets on wall outlets and light switches.

Install plastic sheeting on windows during heating season and cooling season if using A/C.

Weather-strip or rope caulk non-moving window parts and window frames.

Seal window moving parts with rope caulk, check with local fire codes, etc.

Install sweeps or weather stripping on doors, crawlspace and attic access hatches.

Seal the crawl space vents, check with building analyst professional.

Washer Actions:

Clothes washed in cold water can be clean and sanitary. Wash full loads or adjust water level to low. Use a second spin cycle to reduce dryer time. When replacing machine, consider ENERGY STAR® Washing machine.

Dryer Actions:

Clean lint trap. Ensure that the dryer vents to the outside! Dry two or more loads in a row. Use a clothes line. Remove kinks or extra vent hose.

Bathroom Actions:

Take short showers instead of baths or long showers (1/3 less water) use exhaust fan.

Install a high efficiency showerhead.

Install a high efficiency faucet aerator.