



Tips from Pylon Man

Here are some tips from Pylon Man on how to become an energy saving hero

Turn off all lights when you leave a room – even if it's only for a few minutes

Use natural daylight. It's a **free** way to light up a room

If you take a **five minute** shower you use about half as much water as a bath

Think you have turned off your electrical items by putting them on stand-by?
Wrong... they will still use electricity so **turn them off** and unplug them

Hungry and fancy a snack? Then decide what you want before **opening** the fridge door

Use a toaster or microwave to cook your food and you'll reduce your electricity use by **50%**

By turning the **water off** while cleaning your teeth, you'll stop wasting water and electricity

You can also do the same by scraping off any leftover food from plates rather than rinsing them before stacking them in the dishwasher

Don't turn the heating up – **layer up**

Help the environment and keep fit by **walking to school** or work

Don't forget roof and cavity wall insulation – it's a **hat and scarf** for your house

More than 40% of the heat lost from a house escapes through the walls and roof

Loft insulation can reduce a house's heating **costs by 25%**. In fact, if every house in the UK had loft insulation enough money would be saved to pay the annual bills of **635,000 families**

If every house in the UK had cavity wall insulation, carbon dioxide emissions would reduce by **nine million tonnes**, saving enough energy to power **1.8 million homes**

Whenever you can, reduce, reuse and recycle

- ✓ Reduce the amount of waste by buying only what you need and look for items with less packaging
- ✓ Reuse what you can – like rechargeable batteries, plastic bags and water bottles. Donate toys, games and clothes to a charity shop or do a car boot sale
- ✓ Recycle using your home bins or a local recycling centre. Look at labelling to see if material can be recycled.

Activity

Can you make your house more energy efficient?



Here's some links to helpful websites
www.beanenergyshopper.com