

# ENERGY SAVING TIPS

## 1. Save heat energy

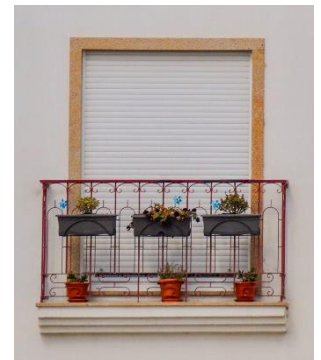
- **Seal windows**

Windows should always be tight. When you visit an apartment, a simple test can be carried out: one pinches a piece of paper between the frame and the window sash. If it can be pulled out with the window closed, the window is not tight. Alternatively, you can hold a candle or a lighter in front of the window seal. If the flame flickers, the window is not tight and should be resealed.



- **Keep shutters, curtains or blinds closed overnight**

Close your curtains, roller blinds and blinds, especially on cold evenings, as soon as it gets darker. They ensure that more heat remains in the apartment / house.



- **Ventilation in Winter**

Instead of just tilting the windows, you should always bump. This means opening all windows completely for 5 to 10 minutes! The airing should be done in winter at least three times a day: in the morning after getting up and showering, in the afternoon and in the evening. If you are at home during the day, you should ventilate four or five times a day in winter - especially after sleeping, showering and cooking!



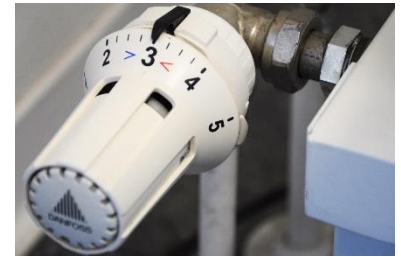
- **Radiator Ventilation**

Vent your heater when you hear clucking sounds. When it gurgles, there is air in the heater. Which means that the individual radiators do not become optimally and uniformly warm. The heating is then often unnecessarily turned up because it does not give off enough heat - this can be remedied by venting again.



- **Lower room temperature**

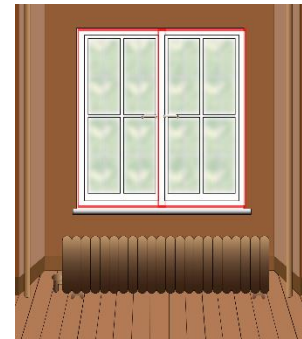
Avoid excessive heating: Each degree less saves about six percent heating energy! The room temperature should be 20 ° C in the living area, 18 ° C to 20 ° C in the kitchen, 20 ° C to 23 ° C in the bathroom and 16 ° C to 18 ° C in the bedroom - even in winter!



- **Prevent heat accumulation**

In front of the radiators, the heated air should spread well. Therefore, there should be no furniture or curtains immediately in front of the radiators.

**Tip:** In addition, install an insulation behind the heater!



## 2. Save electricity

- **Use Water heater instead of stove**

Also heat the water for cooking in the electric kettle. It's faster and uses less energy than the pot on the stove. Then pour the heated water into the pot and cook with the lid of the pot. So you can cook on a lower hearth level.



- **Use LED lamps and energy saving lamps**

Buy LED lamps or energy-saving lamps.



- **Turn off electronic devices completely instead of standby**

Turn off electronic devices completely: the PC monitor when you go to the table, and your TV when you go to bed. Because devices in "standby mode" consume electricity. Disconnect chargers from the power outlet after use.

**Tip:** With disconnectable socket strips you switch off all connected devices with a single push of a button.



- **Buy electrical appliances of classes A + to A +++**

When buying refrigerators, washing machines and other electrical appliances, pay attention to efficiency classes A to G. Do not use appliances of classes G to A and only buy A + to A +++.



- **Cook with Lid**

Heat food in the pot with lid. The content heats up faster - and at a lower level. This saves twice the electricity.



- **Refrigerator temperature 7 ° C and regular defrosting**

Store food in the refrigerator at 7 ° C. For the freezer - which should be in the basement - reaches a maximum temperature of -18 ° C. Refrigerator and freezer / freezer must be defrosted regularly!

### 3. Save energy while washing

- **Wash laundry at 30 ° C - without pre-wash**

Apart from a few things, most items of laundry can be washed well at 30 ° C, which in turn saves energy.



- **Dry laundry on a drying rack in the summer**

Let your laundry dry in the fresh air or in a well-ventilated laundry room. Especially in the summer months, a tumble dryer is superfluous.



- **Use energy-saving shower head and turn off the water in between**

With normal shower heads, between 14 and 18 liters of warm water flow into the drain every minute - water that is heated, thus consuming energy. The use of a savings shower head saves a lot of water by adding more air to the water jet. This reduces the amount of water passing through. Also during the soaping and shampooing of the hair, the water should be turned off.



- **Wash hands with cold water**

Who washes his hands with cold water, saves twice: energy for heating the water and water, because you can start immediately with the hand washing.

- **Reduce total hot water costs**

12% of energy consumption is used on average for heating water. A water temperature of 60 degrees is sufficient for the bathroom and kitchen and is also high enough to kill germs

