

Home energy MOT checklist

Start today with just a few minutes to check your home's energy settings and you'll have taken a big step towards getting your bills under control without spending a penny. Think of it like giving your home a free MOT!

Heating ✓

Central heating programmer – time check

Check that you are not heating an empty home

Set to come on 20 minutes before you get up in the mornings and to go off 15 minutes before you leave the house

Room thermostat: 18°C to 21°C

Take your thermostat down by just 1°C to cut up to £50 off your heating bills every year.*

Don't turn the temperature up in cold weather – instead, change your programmer so that the heating comes on earlier

Hot water: 60°C

Any higher is a waste of energy; any lower and there may be a risk of micro organisms forming

Thermostatic radiator valves – settings check

Set each valve for how you use a room – living rooms should be warmer than kitchens for example

Don't turn valves off as they may stick when turned back on. Select the frost setting * instead

Kitchen ✓

Fridge: +3°C to +5°C

This will keep your food in good condition and keep your fridge running efficiently

Freezer: -18°C

As well as checking the temperature, keep your freezer full to maximise its efficiency – add bread or newspaper if it is half empty

Washing machine 30°C

Modern detergents are designed to wash effectively at 30°C, using up to 40% less electricity and saving around £10 every year*

All appliances and gadgets – choose the eco setting

Eco settings are set by the manufacturer to help you save energy



Start taking control of heating and hot water

Set up your heating up perfectly and you'll keep your bills under control without compromising on comfort.

How old is your boiler?

- Your boiler accounts for about 60% of your energy bills.* If it is over 12 years old, it may be worth replacing.

Use a room thermostat

- Your heating will turn off when the room with this device fitted reaches the temperature you have set. You will need a Gas Safe registered plumber to set up your boiler for your new thermostat.



Set up your central heating timer or programmer

- This will be on the boiler or a separate unit. Set your heating times so that you are not paying to heat an empty house.
- Use a 7 day model to set different times for weekends.

Radiators

- Set each room's heating up with thermostatic radiator valves.
- Fit radiator foil behind radiators on external walls to reflect more heat back into the room.
- If a radiator is hotter at the bottom than the top, air may be trapped, reducing its efficiency. Find out how to bleed a radiator at www.diy.com/eco



Hot Water

- Use a cylinder thermostat to set your hot water to 60°C.
- Wrap up your cylinder with a tank jacket to keep water hotter for longer.
- It is easy and quick to fit pipe insulation to hot water and heating pipes.

Fit an Aerating Showerhead

- If you have a mixer shower, an aerating showerhead could reduce your heating bill by up to £50 every year.*
- These showerheads mix water with air so that you enjoy the same invigorating performance but with less water.



Start to enjoy a more comfortable home

“Well insulated homes heat up quicker and hold their heat effectively”

...they are also cooler in hot weather – so you'll enjoy a comfortable home right through the year. Nearly 60% of an un-insulated home's heat is lost through the walls and roof.*

Is your loft insulation deep enough?

- Top up your loft insulation to 270mm (about 11”) by fitting it between the joists and then add a layer across your joists.

Clutter doesn't insulate!

- Insulating can be a great opportunity to sort through and organise your stuff.
- Use insulated loft boards or loft stilts with loft roll to create an insulated storage platform over the joists - so you have 270mm of uncrushed insulation.
- Why not donate unwanted items to a charity shop - or go to a car boot sale and turn your clutter into cash?

Cavity wall insulation

- B&Q can arrange to insulate your cavity walls professionally and it normally only takes a day. Order in store or online.

Banish draughts

- Cold draughts indicate that your home is losing heat.
- Find solutions for every kind of draught at B&Q - from keyhole covers to sealants for the gap between skirting boards and the floor.

“Make a statement with designer radiators, but remember to fit thermostatic radiator valves to control the heat”



George says...

“Get a dripping tap fixed as it can waste over 5,500 litres of water every year* – and if that's hot water, it will be adding pounds to your energy bill”



The ultimate smarter home!

A room control system allows you to control your lighting and power sockets via remote control or even using your smart phone.



The system can save you money by controlling your lighting, appliances and heating remotely. There is also the additional safety feature of being able to lock your sockets off to protect your children.



B&Q's approach to sustainability is called One Planet Home®. Together with sustainability charity BioRegional, we are working to operate within the planet's resources. We are also helping our customers to do the same. Find out more: www.diy.com/eco

Where we found the energy savings:

- * Sourced from the Energy Saving Trust, correct at time of publication 1st September 2011
- ** Sourced from the Department of Energy & Climate Change's 'Energy Consumption in the UK, Domestic Data Tables, 2010 Update'

Printed on 9lives Offset 100% recycled paper using vegetable inks. When you have finished with this leaflet, pass on to a friend, recycle or even compost it



A summary of this leaflet can be made available in Braille, large print and audio cassette. Please ask for details or email us at diversity@b-and-q.co.uk
All information correct at time of going to press
©2011 B&Q Plc. Hampshire, SO53 3LE
OPHM0055



Start saving energy at home



Making it easier **B&Q**



“Making your home energy smart will make it more comfortable and a better place to live. Keeping control of your energy bills will also help to reduce your home’s carbon emissions – good for your family and the planet”

How B&Q can help you to save energy – and enjoy a smarter home:

- 1 Start today** with our Home Energy MOT Checklist. Simply checking settings in your home can help you bring bills under control – and costs nothing.
- 2** Then focus on standby, lighting, appliances, powering your gadgets, heating and insulation.
- 3** Take a look at B&Q online for even more ideas: www.diy.com/eco



Start switching off

“IT equipment now accounts for about 13% of the average UK home’s electricity bill and UK consumers waste about £1 billion every year by leaving things on standby*”

Smartphones, game consoles, digital cameras, netbooks, HD televisions – our gadgets seem to increase constantly – so it’s well worth powering devices efficiently.

Intelligent adaptors and extension leads

■ Plug your TV into the ‘master’ socket, plug the DVD player, games console and speakers into the ‘slave’ sockets. When you turn off your TV, everything else will be turned off for you. Great for computers too – and they also protect your gadgets from power surges.

Create a charging station

■ Make it easy to turn off power to gadgets after charging with an extension lead with individually switched sockets. This creates a convenient ‘charging station’, and keeps mobile phones and gadgets well organised.



Difficult to reach the plug?

■ Remote controls on adaptors and extension leads make it easier to switch off at the plug - perfect for Christmas lights!

Smart timing

- Plug your wireless router into a timer so it switches off automatically overnight.
- Don’t leave lights on when you go away on holiday – use lamps plugged into timers instead.

Recharge your batteries

- Cut waste by investing in rechargeable batteries for gadgets.
- Remember to turn chargers off when the batteries are fully charged.

Hunt for savings with an Owl

■ See how much electricity you can save by using an Owl electricity monitor – you’ll see how much money is being wasted by overfilling the kettle, TVs playing in empty rooms and forgetting to turn lights off!



Start a smarter kitchen

The good news is that appliances are more efficient, more stylish and perform better than ever before.

- At B&Q, we now only sell fridges, washing machines, freezers and dishwashers that are A rated or better.
- In fact, the EU Energy Labels you’ll see on appliances have been redesigned this year to show grades up to A+++.



Fridges and freezers

Working 24/7, refrigeration and freezing can have a real impact on your electricity bill.

- Freezers work best when full, so choose the right size for your family’s needs.
- The coils at the back of the fridge should be 10cm from the wall. Keep them dust and grime free to improve efficiency.

Tumble dryers

Even the best tumble driers are no match for a washing line for energy efficient drying – but they are an essential appliance for many of us.

- Choose a tumble dryer with a sensor that switches off when your clothes are dry.
- Sort your laundry before tumble drying – many clothes will wear better if allowed to dry naturally.

Washing machines and dishwashers

The EU Energy Label also includes water efficiency information for dishwashers and washing machines.

- Wait until you have a full load before running. Half load settings use more than half the energy of a full load setting.
- Try switching to a Quickwash setting. This can be surprisingly effective for lightly soiled items.



Cookers, hobs and ovens

Electric ovens now have the European Energy Label to help you choose the most energy efficient model.

- BioRegional have calculated that gas hobs generates less CO₂ than electric hobs. Induction is the most energy efficient electric hob.
- Put a lid on saucepans to reduce cooking time.
- Turn off your oven ten minutes before your food has finished cooking. The temperature inside the oven will remain fairly constant but you’ll reduce the amount of energy being used by up to 25%*.

Microwaves

■ Turn off at the plug if it has a lit display. BioRegional calculate that about 22% of a microwave’s total electricity demand is generated when it is on standby.



“Kitchen appliances consume about 49% of the electricity used by UK households.**”

Start lighting smarter

“About 20% of your home’s electricity is used on lighting* – and it is as easy as changing a light bulb to bring this bill under control”

Incandescent and halogen bulbs use some of the electricity they use for light – but they also produce heat. This makes them short lived and expensive to use compared to energy saving light bulbs.



Changing to energy saving light bulbs could mean that you use up to 80% less electricity for lighting*. You’ll also spend less time changing bulbs because your bulbs will last much longer.

Innovation in Lighting at B&Q

There are now energy saving options for almost any light fitting, including downlights. There are even dimmable bulbs.

- New legislation means that the wattage equivalence on packs now has to be based on a measurement of lumens – the actual amount of light produced.
- LED light bulbs are the next generation of energy saving light bulbs. They give full light instantly. BioRegional have calculated that LED bulbs use even less electricity than equivalent CFL energy saving light bulbs (about 60% less) and last about 6 times longer.

Find out more with B&Q’s Greener Lighting Guide at www.diy.com/eco

George says...

“Turn the lights off if you are going to be out of the room for more than a couple of minutes”

