

# Home energy checklist

With actions to suit all budgets, this checklist is a simple way to keep track of actions that will save you money, reduce your energy use, and protect our environment.

## Staying comfortable all year round

Keeping comfortable is an important part of living a healthy and happy life. Here are some tips to keep warm in winter, cool in summer, and save energy at home.

### Simple actions to save energy in your home

<input type="checkbox"/>	<b>A1</b>	Hire an Energy toolkit from Stirling Libraries. It includes a Power Mate device that measures the electricity use of appliances and calculates their running cost.	f	■
<input type="checkbox"/>	<b>A2</b>	Use a ceiling fan in summer and winter to circulate air and reduce air-conditioner and heater use.	\$	■
<input type="checkbox"/>	<b>A3</b>	Set your air-conditioner between 22 to 26 degrees Celsius in summer. Each degree higher will save you about 10 per cent on running costs.	f	■
<input type="checkbox"/>	<b>A4</b>	Close curtains and blinds on summer mornings, and open windows and curtains in the afternoon or early evening to let in cool sea breezes.	f	■
<input type="checkbox"/>	<b>A5</b>	Set your heater between 18 to 22 degrees Celsius in winter. Each degree lower will save you about 10 per cent on running costs.	f	■
<input type="checkbox"/>	<b>A6</b>	Open curtains and blinds of north facing windows in winter to let in the sun's warmth, and close them late afternoon to keep the warmth inside.	f	■

### Learn about your home's layout to understand how it heats and cools, naturally

<input type="checkbox"/>	<b>L1</b>	Hire an Energy toolkit from Stirling Libraries. The toolkit contains thermometers to measure the temperature in different areas of your home and also includes an infrared thermometer to measure ceiling and wall temperatures.	f	■
<input type="checkbox"/>	<b>L2</b>	Work out which side of your home faces north throughout the day. The sun tracks in a northerly direction. Let it in during winter, keep it out during summer.	f	■
<input type="checkbox"/>	<b>L3</b>	Investigate where your home might be losing heat in winter or gaining heat in summer. Windows, ceilings and gaps around doors provide easy places for heat to move.	f	■

### Actions to save energy and keep comfortable in your home

<input type="checkbox"/>	<b>I1</b>	Block gaps around doors with draught stoppers, such as door snakes. This keeps the warmth in during winter and the heat out during summer.	\$	■
<input type="checkbox"/>	<b>I2</b>	Replace missing or damaged seals on doors and windows. Draught proofing foam and sealers can be purchased from hardware stores.	\$	■
<input type="checkbox"/>	<b>I3</b>	Block out the hot sun in summer by creating horizontal shade over north facing areas.	\$ - \$\$	■ to ■
<input type="checkbox"/>	<b>I4</b>	Summer sun needs to be blocked vertically on the eastern and western sides of your home.	\$ - \$\$	■ to ■
<input type="checkbox"/>	<b>I5</b>	Check, or install, curtains and blinds – are they fitting tightly at the sill or floor with no gap at the top? Consider installing a pelmet at the top to block heat flow.	\$\$	■ to ■
<input type="checkbox"/>	<b>I6</b>	Lighter roofs reflect the heat in summer, which keeps your home cooler. Upgrade to a lighter roof or simply paint your existing roof a lighter colour.	\$\$ - \$\$\$	■ to ■
<input type="checkbox"/>	<b>I7</b>	Install or upgrade ceiling insulation to a minimum R-value (thermal resistance measure) of 4.1 for Perth's climate.	\$\$\$	■
<input type="checkbox"/>	<b>I8</b>	Consider if wall insulation is an option for you. It is possible to install wall insulation as a retro-fit on most wall types. When purchasing ensure a minimum R-value (thermal resistance measure) of 2.8 for Perth's climate.	\$\$\$	■

## Electricity supply choices

Grid-powered electricity in Western Australia is expensive and carbon intensive because it relies on burning fossil fuels, which produce greenhouse gas emissions.

### Actions to reduce greenhouse gas emissions from electricity use

<input type="checkbox"/>	<b>E1</b>	Use electricity during daylight hours since there is a surplus of solar energy in the grid.	\$	■
<input type="checkbox"/>	<b>E2</b>	Choose green energy options. Contact your energy supplier to find out what options they offer for you to switch your electricity over to a green energy product.	\$\$	■
<input type="checkbox"/>	<b>E3</b>	Instal rooftop Solar photovoltaic (PV) panels to generate your own free energy from the sun.	\$\$\$	■

## Water heating

Hot water systems use up to one third of household energy use. This can cost up to \$600 per year in energy bills. Around 30 per cent of heat (up to \$200) can be wasted and lost from hot water systems and pipes.

### Actions to save energy from water heating

<input type="checkbox"/>	<b>W1</b>	Take shorter showers (up to four minutes).	f	■
<input type="checkbox"/>	<b>W2</b>	Adjust your hot water system thermostat to save energy (higher temperatures use more energy) <ul style="list-style-type: none"><li>Instantaneous units can be set to 50°C</li><li>Storage systems must be set to a minimum of 60°C.</li></ul>	f	■
<input type="checkbox"/>	<b>W3</b>	Make a plan to replace your hot water system with the most efficient one you can afford.	f	■
<input type="checkbox"/>	<b>W4</b>	Test the water use from your showerhead to check if it's 9L per minute or less <ul style="list-style-type: none"><li>Install a waterwise (AAA) showerhead if needed.</li></ul>	\$	■
<input type="checkbox"/>	<b>W5</b>	Install a timer on electric storage units to reduce booster use.	\$	■
<input type="checkbox"/>	<b>W6</b>	Install pipe insulation (lagging) on storage unit outlet pipes.	\$	■
<input type="checkbox"/>	<b>W7</b>	Replace your hot water system with the most efficient one you can afford.	\$\$\$	■

## Appliances

Appliances use about one third of energy use in households. This amount is increasing with our dependence on electronic devices.

### Actions to save energy from appliances

<input type="checkbox"/>	<b>HA1</b>	Dry clothes on a clothes line or airer when possible. Clothes dryer use should be kept to a minimum.	f	■
<input type="checkbox"/>	<b>HA2</b>	Switch off appliances you are not using. (e.g. turn off extra refrigerators if you only use them to store drinks for parties/events)	f	■
<input type="checkbox"/>	<b>HA3</b>	Replace damaged fridge seals. Check seals by placing a piece of paper in between the seal as you close the door to test whether it grips.	\$	■
<input type="checkbox"/>	<b>HA4</b>	Buy the most efficient appliance you can afford. When buying or replacing appliances look out for the Energy Rating label to find out how much energy the appliance needs to operate.	\$\$	■

## Lighting

Lighting uses about ten percent of electricity use from households. You can make a difference by letting in the sun, switching off and improving bulb efficiency.

### Actions to save energy from lighting

<input type="checkbox"/>	<b>HL1</b>	Consider opening curtains and blinds to let in natural light. Remember that heat gain/loss may also occur.	f	■
<input type="checkbox"/>	<b>HL2</b>	Turn off lights as you leave an empty room.	f	■
<input type="checkbox"/>	<b>HL3</b>	Replace bulbs with LED bulbs. They are the most efficient, longer lasting and come in a range of colours.	\$	■

Find more resources and information to save energy at [www.stirling.wa.gov.au/Energy](http://www.stirling.wa.gov.au/Energy)

Cost: Free **f** Low **\$** Medium **\$\$** High **\$\$\$** Ease: Easy **■** Moderate **■** Complex **■**