

Energy efficiency

WHAT TO DO AT HOME

Heating your house

- Be more considered in how you heat your house. Turn down the temperature setting to 20 degrees and pull on a jumper. For every degree you lower the setting you lower the amount of energy used by up to 10%.
- Only heat the rooms you are using and close doors to empty rooms. When you go out or go to bed turn off the heating.
- Draughts around doors and windows will increase your energy use. Seal the gaps.

Cooling your house

- Air conditioners gobble energy. Raise the thermostat setting to 25 degrees or above. Every degree higher saves up to 10% on running costs.
- An electric fan uses a fraction of the energy of an air conditioner.
- Keep the sun out during the day and open up the house to catch breezes at night.

Vehicles

- The average Australian family car generates around six tonnes of carbon dioxide a year.
- Reduce the number of trips you make or combine journeys by planning ahead.
- Drive smoothly avoiding sudden acceleration and braking. Lowering your cruising speed by 5 km/h will get you to your destination nearly as fast and will lower your fuel consumption.
- Maintain your car well and regularly check tyre air pressure. Underinflated tyres increase fuel consumption.
- When buying a new car take careful note of its fuel consumption from the sticker on the windscreen.

Hot water

- Your local council has a program to help you install a low flow shower head.
- Limit showers to less than 5 minutes
- Wash clothes in cold water
- Your fridge is potentially the highest user of energy in your house. Keep it clean and defrost it regularly. Keep the temperature setting at between 3 and 5 degrees. Try to make do with just one fridge. Position the fridge carefully with ample clearance to allow air circulation and well away from heat sources.
- Use the clothes line instead of the dryer. All dryers have low energy star ratings.
- When purchasing a new appliance check its energy use.
- Compact fluorescent lights use one fifth of the energy of an incandescent bulb and last much longer. Halogen down lights can be replaced with lower wattage bulbs, compact fluorescent fittings or LED globes that all use much less energy.
- Modern appliances use only about one watt on standby, but many older ones use much more. Turn appliances such as televisions, stereos and computers off at the plug and they use no energy at all.

Green Power

- Your energy retailer has a plan that incorporates a proportion of green power. This green power has been developed from renewable resources such as wind power.
- Enquire about solar photovoltaic (PV) panels for your roof. These generate power for you to use and return excess energy to the grid. There are incentives provided by governments that reduce the purchase price of a PV system and your local government may also have a bulk purchase plan to reduce prices.

Diet

- Eat less red meat. Most red meat production uses large volumes of water and has high embodied energy.



- Reduce the energy required in transporting your food over long distances by purchasing locally grown and produced food.
- Eat fruit and vegetables in season. Out of season foods have been transported over large distances or have been kept in energy intensive cold storage.
- Consider the amount of packaging that comes with your shopping. Is it able to be recycled?
- Grow your own vegetables. Even a small vegetable garden can produce enough vegetables for a family.
- Support your local produce market.

Cooking

- Use appropriately sized pots and pans for the dish you are preparing.
- When using the oven cook several dishes at a time.
- Microwave ovens use much less power than an oven.

Waste

- Compost organic waste for use on the garden. Small households can use a bokashi bucket or similar.
- Cook fresh food before it spoils, take leftovers for lunch the following day.
- Buy high quality products that last longer.
- Where possible chose items that are reusable rather than single use items.

WHAT TO DO AT WORK

Both employers and employees have the ability to reduce energy consumption at work.

Energy

- Call in a professional to conduct an energy audit of your business.
- install energy efficient lighting. Modern fluorescent tubes and compact fluorescent globes use less energy than conventional lighting. Arrange for light switches to only light those areas that are in use.
- Convert to a Greenpower contract for a proportion of your electricity bill
- Turn lights off when you leave the office and turn off computers and monitors off overnight.
- Set your air conditioning to 25 degrees for cooling, and to 20 degrees for heating. Every degree can lower energy requirements up to 10%

Travel

- Where available, use public transport instead of cars. When using a car combine the purpose of the trip or car pool.
- Reduce the number of flights taken per year or rather than fly to a conference consider video conferencing instead.
- If you do fly carbon offset your flight
- When purchasing vehicles for your fleet consider fuel efficient models.

Waste

- Set printers to default to double-sided printing.
- Set up recycling stations for waste paper at easily accessible locations.
- Supply washable coffee cups for staff use.

For more information

Natural Resources SA Murray-Darling Basin
 Mannum Road
 PO Box 2343
 Murray Bridge SA 5253
 P (08) 8532 9100
www.naturalresources.sa.gov.au/samurraydarlingbasin

