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**What is 1 kWh?**

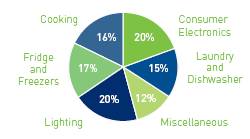
By becoming energy aware at home and in school, you can save money and help combat climate change. The first step to saving energy is knowing how much you use in the first place.

**How we measure electricity**

Electricity is measured in units. Each unit is equivalent to **1,000 watts of electricity used for one hour** - or one kilowatt-hour (kWh).

**What do I get for 1 kWh?**

|  |  |
| --- | --- |
| **1 kWh in** | **Lasts for** |
| an instant electric shower | 7 to 10 min |
| an immersion water heater | 15 to 20 min |
| a large ring on an electric cooker | 20 to 40 min |
| a kettle | 20 to 40 min |
| a tumble dryer | 20 to 40 min |
| a two-slice toaster | 40 to 60 min |
| a washing machine | 70 to 100 min |
| a dishwasher | 70 to 100 min |
| a desktop computer & monitor | 4 to 6 hours |
| a 28-inch TV | 6 to 9 hours |
| a 100 watt standard lightbulb | 10 hours |
| a 20 watt CFL lightbulb | 50 hours |

**What consumes the most electricity in your household?**   
Swap your hungriest appliances for more energy efficient ones.   
  
The first step to saving electricity is understanding where it's being used in your home. This should give you a good picture.   
  
  
  
**On average, you could save 6% on your electricity bill.**

### Our homes are full of appliances that use energy all the time

You TV, DVD and hi-fi use energy when not in use - up to 90% in standby mode (In some households, it's the equivalent of leaving a 100W light bulb on all year.) Generally only the following appliances need to be powered all the time:

* Home security systems and sensor lights
* Gas and oil boilers & heating controls
* Remote garage door openers
* Standby reduction devices

Everything else, like your TV, can be switched off at the wall. To help reduce your energy use further, buy models with low consumption and switch them off the wall when not in use. You'll be surprised how much you save!

### Appliances that use power continuously but can be switched off:

* Computers
* TVs, VCRs, DVD players and recorders
* Stereos
* Game consoles
* Battery and phone rechargers
* Plug-in air fresheners
* Breadmakers
* Coffee makers
* Microwaves - if the clock isn't needed
* Hand-held vacuum cleaners
* Rechargeable toothbrushes

### Energy Saving Tips

1. Unplug electrical equipment - computers, mobile phone chargers - equipment on stand-by uses up to 20% the energy it would use when fully on.
2. Switch off lights & heating when you don't need them.
3. Don't overfill the kettle - only boil as much water as you need.
4. Avoid unnecessary electricity use between 5pm to 7pm - help reduce national CO2 emissions.
5. Turn your heating down to a comfortable 20ºC - lowering your thermostat by 1ºC will knock 10% off your heating bill.
6. Use compact fluorescent lamps (CFL's) instead of traditional bulbs - they use 20% the energy and last up to 15 times as long.
7. If you have a short commute, walk or cycle instead of driving.
8. On cold, sunny days, open shades or blinds, to reduce the need for your heating. On darker days, close these blinds to keep the heat in.