
Home Energy Saving Kit

Take Home Booklet

Simple tips to keep you saving



MEASURE, ACT, SAVE

Now that you've used the Home Energy Saving Kit, why not continue to enjoy savings by following our top tips in this handy booklet, which is yours to keep!

Give us your feedback to be in with the chance to win great prizes
www.codema.ie/survey

SEAI grants available at
www.seai.ie/betterenergyhomes

Home Heating

– where 60% of your home energy is used

Thermal Leak Detector



ACT NOW!



Close curtains and doors

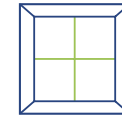
Close curtains and doors and use draught excluders.



Use draught stripping

Place around doors and windows. Consider an airtightness test to identify where heat is escaping to help you target priority areas.

INVEST



New Windows/ Doors

If you have single pane or older double glazing, and you have already upgraded your wall insulation, consider replacing your windows.



Home insulation

SEAI provide grants for roof and wall insulation for homes older than 10 years. Consider an upgrade to reduce heat losses.

 [SEAI grants available](#)

Temperature & Humidity Meter

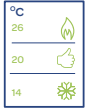


ACT NOW!



Turn down your thermostat

Aim for 18-20°C in your living room and 15-18°C in your bedroom.



Use our take-away temperature card

Use this card to keep track of room temperature.

INVEST



Upgrade to a high efficiency boiler and advanced controls

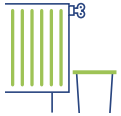
This will further reduce your energy bills.

! SEAI grants available

Radiator Key



ACT NOW!



Bleed your radiators

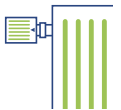
Bleed your radiators at least once each year. If they are regularly filling with air you may have a leak in your system and need to contact a plumber.



Get your boiler serviced

Service your boiler every year to make sure it's working properly. This will improve its efficiency and reduce your energy bills.

INVEST



Install TRVs

Thermostatic radiator valves can be added to existing radiators to improve heating control within rooms.

! SEAI grant available as part of wider measure

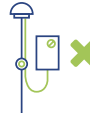
Hot Water

– where 25% of your home energy is used



Stopwatch

ACT NOW!



Reduce your shower water use

Aim to take shorter showers – if possible not more than 5 minutes. Avoid power showers as they use 125 litres of water in less than 5 minutes. A regular shower only uses 35 litres.



Adjust the temperature of your water heating

Your water temperature should be set to around 65°C on your boiler and/or immersion system.

INVEST



Install an aerated shower head and taps

If your shower flow is greater than 9 litres per minute, consider installing an aerated shower head. You can also do this with your taps on your sink and bath and will help save water and energy.



Install solar panels to generate hot water

If you have a large hot water requirement consider investing in solar heating and controls.

! SEAI grant available

Electrical Devices

– where 15% of your home energy is used

Fridge/ freezer thermometer



ACT NOW!



Adjust temperature

Adjust your fridge temperature to between 3 and 5°C.
Adjust your freezer temperature to between -15 and -18°C.



Defrost your fridge and freezer

Defrost your fridge and freezer at least every 6 months to ensure it runs efficiently. There should be less than 5mm of frost build up.

Plug-in energy monitor



ACT NOW!



Turn off

Switch off devices that are on standby and turn off all lights in areas where they are not needed.



Avoid wastage

Only fill kettles to the quantity you need; run washing machines and dishwashers when you have a full load and choose a low-heat setting.

INVEST



Go for A-rated bulbs and appliances

When replacing lightbulbs and home appliances, make sure they have the highest A-rating possible.

Thinking of Investing?

– SEAI have a range of grants available

POTENTIAL ACTIONS*		INDICATIVE COSTS & GRANT AID **	
 ROOF	Attic Floor/ Pitched Roof/ Flat Roof Insulation	Grant €300	Your input €700
		Total cost €1,000	
 WALLS	Cavity Wall Insulation	Grant €300	Your input €400
		Total cost €700	
	External Wall Insulation	Grant €3,400	Your input €6,600
		Total cost €10,000	
	Internal Wall Insulation	Grant €1,800	Your input €5,200
		Total cost €7,000	
 BOILER AND ADVANCED CONTROLS	High Efficiency Boiler & Advanced Controls	Grant €700	Your input €2,300
		Total cost €3,000	
 GENERATE	Solar Panels	Grant €1,200	Your input €4,300
		Total cost €5,500	

* Get advice from a qualified contractor about which action is suitable for your home.

** Indicative costs are based on average upgrade costs for a **semi-detached house**. For homes built before 2006 the Sustainable Energy Authority of Ireland (SEAI) provide grants to reduce your costs to upgrade. Go to www.seai.ie/betterenergyhomes.



Codema
The Loft, 2-4 Crown Alley,
Temple Bar, Dublin 2, Ireland

-  +353 (0)1 707 9818
-  codema@codema.ie
-  www.codema.ie/energysavingkit
-  @EnergySavingKit
-  www.facebook.com/EnergySavingKit



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



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