

**For further energy advice, please contact the Citizens Advice Bureau - Energy Advice Service via the contact details below:**

-Phone: **01595 694696**

-Email: **sicab@shetland.org**

-Through our website:  
**www.shetlandcab.org.uk/**

**Advice that makes a difference**

Our service is:  
Free  
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# **ENERGY EFFICIENCY**

## **How to Use Your House**

Produced by Shetland Islands Citizens Advice Bureau



While it is vital to keep our homes warm, we would all like to spend less on energy costs.



**By using energy efficiency measures, we can all help ourselves to conserve energy and save money.**



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## HERE ARE SOME SUGGESTIONS TO HELP YOU



Showers use less hot water than baths and are therefore more energy efficient.

Insulating walls, lofts, and hot-water tanks makes it harder for heat to escape and can help reduce heating costs.

Wait until you have a full load for the washing machine and set it to a lower temperature.



Draught-proof your home by plugging up any gaps in the windows, making sure doors are draught-proof, using a draught excluder if necessary, and fitting covers to letter boxes and keyholes.



Wipe down surfaces where moisture settles to prevent mould forming.

Double glazed windows can save money and reduce noise.



Switch off electrical appliances when not in use.

Use energy efficient lightbulbs and turn lights off when you leave a room.

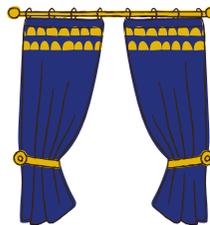


When drying clothes, open a window to make sure you have enough ventilation - this will help reduce condensation.



Learn how to make the most of your heating system - it may be set too high.

Close curtains in the evening to minimise heat loss through the windows.



When using the kettle, only boil the amount of water that you need.

