

Home Recovery Checklist

✓ Lighting

- Change all incandescent light bulbs to energy efficient CFL or LED bulbs; though more expensive upfront, these products will save you money in the long run due to the longer life-spans they offer.
- Change outside lights to CFLs or LEDs with day/night sensors, so your lights don't get left on all day.
- Only use the lights you need.

✓ Temperature Control

- Insulate your ceiling to prevent heat loss (in winter) or excess solar heating (in summer). This measure can help you to save up to 40% of your household's energy usage in winter.
- Replace your electric heaters with gas heaters. If you do prefer electrical heaters, then choose an infra-red rather than a "bar" heater.
- Only heat the rooms you are in, and keep all the doors and windows closed to keep heat inside.
- Keep warm snuggled up in blankets and jerseys, rather than turning on the heaters.

✓ Appliances

- Switch off appliances rather than leaving them in standby mode; most appliances still use about 50% of the electricity when on standby.
- Unplug your chargers for cellphones, laptops and cameras when not in use.
- Try to buy Energy Star appliances, where possible (available on most computers and international brands).



Bathroom Recovery Checklist

✓ Geysers

- Switch your thermostat to 55°C; it doesn't need to be any warmer. The thermostat is located in the little cover over the electrical element of the geyser. Switch off the circuit at the mains, undo the cover, then turn down the thermostat using a screwdriver.
- Insulate your geyser with a geyser blanket or "Think Pink" insulation material (both available at your local hardware store, and costing less than R200) to keep the water warm for longer.
- Insulate your hot water pipes to prevent heat loss. You can buy special zipped pipe lagging from hardware stores, or just tie strips of insulation material around them.

✓ Baths and Showers

- Take showers instead of baths; you will use less hot water and reduce the amount of work your geyser needs to do.
- Fit an aerated shower head. This will give you the same showering results but uses less hot water.
- Use cold water wherever possible, for instance when washing your hands or clothes.
- Check your hot water faucets regularly for leaks!

Kitchen Recovery Checklist

✓ Refrigerator

- Ensure that the cold air stays in your fridge by checking that all seals are intact. Try not to open and close the door too much.
- Before you go on holiday, empty your fridge and turn it off.
- Don't overstock your fridge. This causes it to draw far more energy than it should.
- Make sure that your fridge isn't standing right next to the stove or tumble dryer.
- Defrost your fridge and freezer regularly, so that they can cool effectively.

✓ Cooking

- Keep the lids on pot to keep the heat in, this will allow you to use a lower temperature setting.
- Boil water in the kettle rather than on the stove, and only boil the amount you need.
- Think about investing in a gas stove, which will cut down on your household's electricity use enormously.
- Use pots that completely cover stove plates so that heat doesn't radiate into the air.
- If you love soups and casseroles, invest in a pressure cooker to cut down on your cooking time.
- If cooking small to medium amounts of food, rather use the microwave than the oven. You will save on cooking time (and electricity).
- Soak beans and smp overnight. This will reduce cooking time.

✓ Cleaning

- Use a dishwasher instead of washing dishes by hand. Dishwashers are very energy-efficient machines.

Cleaning Up Recovery Checklist

✓ Tumble Drying and Ironing

- Remove excess water before putting clothes in the dryer, this will minimise the drying time required.
- Rather hang washing on a washing line whenever possible – the tumble dryer is an energy guzzler.
- Buy a thermostatically-controlled iron to prevent it from becoming hotter than you need.
- Iron large batches of clothes at a time to save on iron warm-up time.
- Only use distilled or boiled water in a steam iron so that it remains clean and energy efficient.

✓ Swimming Pool

- Pool pumps can use up to 20% of your household's energy! Try to minimise the amount of time you run it (8 hours a day in summer is sufficient).
- Consider fitting an energy efficient pool pump, or even better, buy one that is solar-powered.

✓ Recycling

- Recycle newspapers, glass, and aluminium cans. It uses much less electricity to make products out of recycled material than out of raw materials.
- Try to buy products with the recycled mark to support recycling efforts.



Safe tips for disposing of CFLs

CFLs contain small amounts of harmful chemicals, and must therefore be disposed of with great care.

Drop off old CFLs at participating retailers who offer a take-back service, e.g. Woolworths, Pick 'n Pay. Take care not to break the lamps.

Always store used CFLs in a safe place, in a non-breakable container or plastic bag (to contain the lamp in the event of breakage) until they may be disposed of safely.

Only dispose of CFLs with general household waste as a last resort. In this case, wrap the bulb in newspaper and place it in a plastic bag to reduce the risk of breakage and potential contamination of other recyclable waste. Avoid touching it at all costs.