

How to save energy and save money

Energy Efficiency Guide



Easy English



Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **blue**

- we write what the hard word means.

You can get help with this book



You can get someone to help you

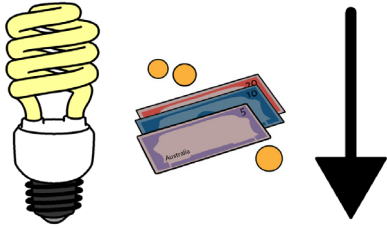
- read this book

- know what this book is about



- find more information.

About this book

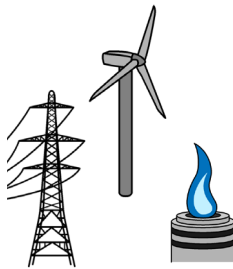


This book is about easy ways to

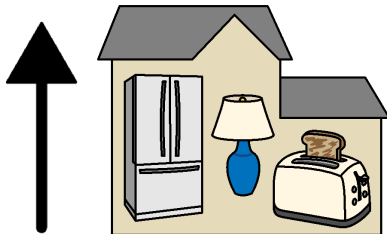
- use less **energy** in your home

and

- save money.



Energy can be electricity or gas.



You can

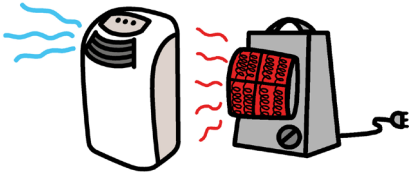
- find out what uses the most energy in your home

and

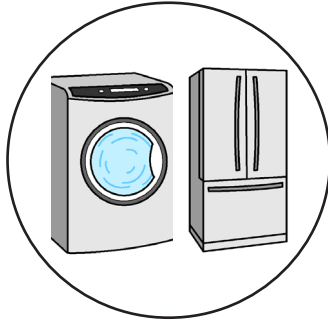


- find better ways to use energy.

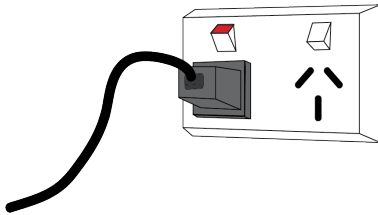
How we use energy



We know our homes use a lot of energy on heaters and coolers.

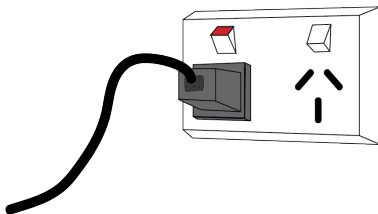


Appliances also use a lot of energy in our homes. For example, fridges or washing machines.



Appliances use energy when

- they are plugged in to the wall
- the wall switch is on.



Appliances can also use energy when they are in **standby mode**. This means

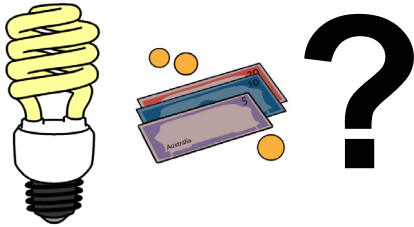
- the appliance is plugged in to the wall
- the wall switch is on



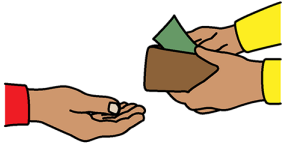
- the appliance is **not** being used.

Your energy bills

Your energy bills tell you

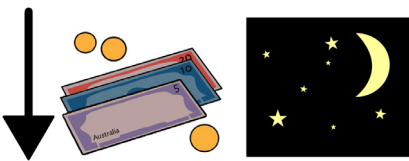


- how much energy you use
- how much you need to pay for energy.

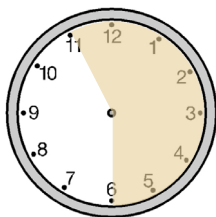


You also pay a **supply charge** to your energy company.

A supply charge is how much you pay the energy company to put energy into your home.



You might have an **off peak tariff** on your energy bill. This means you pay less for energy at night.



The off peak tariff is for energy used between 11 pm and 6 am.

Your energy bill will show you how much energy you used at the same time

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- last month

or

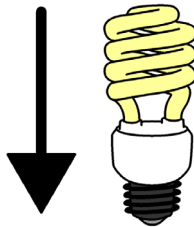
- last year.



June 2018							June 2019						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	30						1
3	4	5	6	7	8	9	2	3	4	5	6	7	8
10	11	12	13	14	15	16	9	10	11	12	13	14	15
17	18	19	20	21	22	23	16	17	18	19	20	21	22
24	25	26	27	28	29	30	23	24	25	26	27	28	29

You can find out if something has changed to make your energy bill cost more.

For example, a new heater.



You can use this information to find ways to

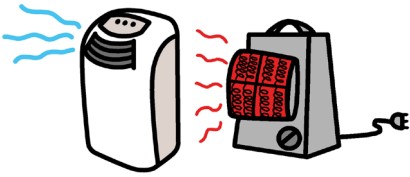
- use less energy

and



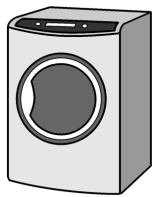
- save money.

What uses the most energy



Most homes use almost half of their energy on heaters and coolers.

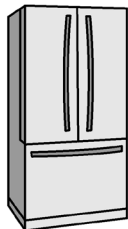
Other things in your home that use a lot of energy are



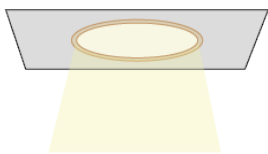
- tumble dryers



- televisions



- extra fridges or freezers

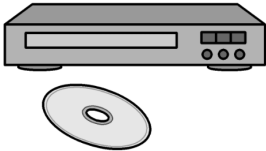


- **halogen downlights.**

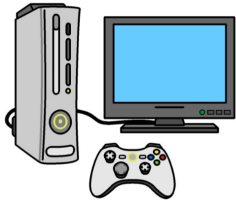
Halogen downlights are a type of light bulb.

Appliances that are in standby mode also use a lot of energy.

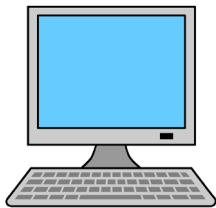
Some appliances that use a lot of energy when they are in standby mode are



- DVD players



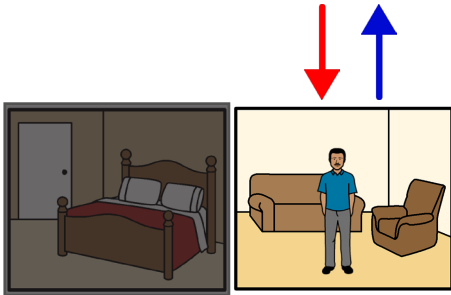
- video game consoles



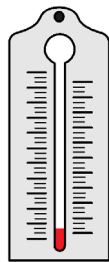
- computers.

Ways to save money and use less energy in your home

Save money and use less energy to heat and cool your home.

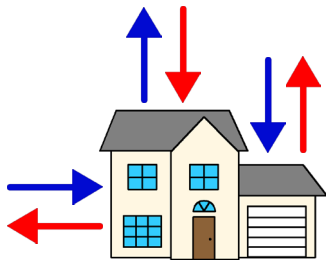


Only heat or cool the room you are in instead of the whole house.



Keep the temperature in your home to

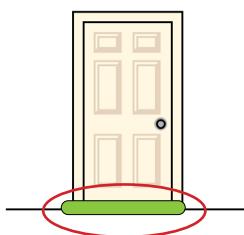
- between 18 to 20 degrees in winter
- between 24 to 27 degrees in summer.



Insulate your home. This means use material in your roof and walls to stop heat or cold being lost from your home.

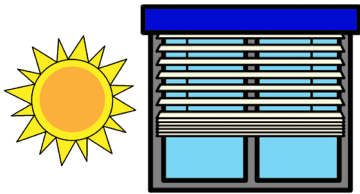


Use a fan. Fans use less energy..



Stop cold air coming in the house from doors and windows. Use a door snake.

Another way to use less energy to heat and cool your home is to make sure windows work well in different weather.



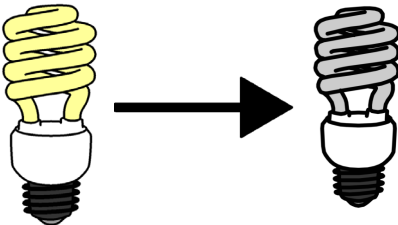
For example

- in summer use an outside blind to keep heat out

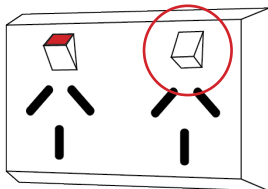


- in winter use heavy curtains to keep heat in.

Save money and use less energy for appliances in standby mode.

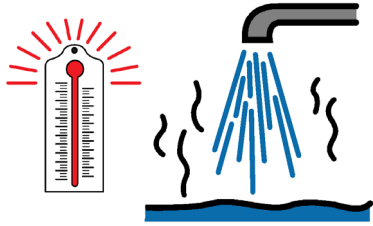


Turn your appliance off when you are **not** using it.



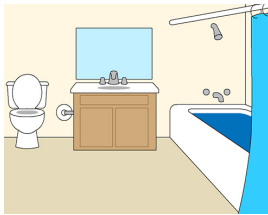
Turn the switch off at the wall.

Save money and use less energy for hot water in your home.

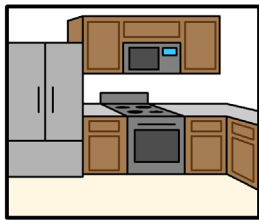


You can change the way you use hot water.

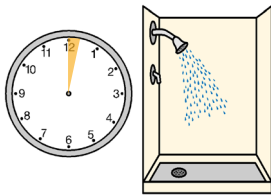
You use hot water in your



- bathroom
- shower



- laundry
- kitchen.



You can have a shorter shower to use less hot water.



You can get a **low flow shower head**. This means the shower head uses less water than other shower heads.

Save money and use less energy for your appliances.



You can choose **energy efficient** appliances.

Energy efficient means the appliance uses less energy than other types of the same appliance.



Appliances have an **energy star rating** label.

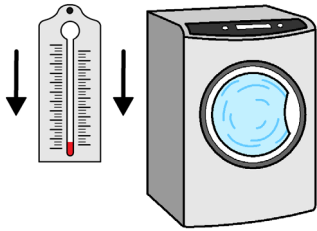
The energy star rating means you can check if the appliance you want to buy uses less energy than other types of the same appliance.



Choose an appliance that has **more** stars in the rating.

To find out more about energy star ratings go to www.energyrating.gov.au/calculator.

Save money and use less energy in other ways.



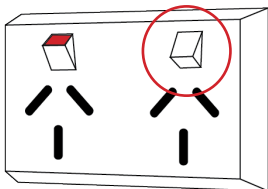
You can wash clothes in cold water.



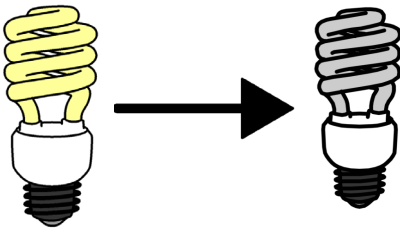
You can make sure your dishwasher is full when you use it.



You can hang your clothes on a line instead of using a tumble dryer.



You can turn off power points after you have charged your phone or laptop.



You can turn off lights when you leave a room.



More information

This is a summary of the Home Energy Efficiency Guide.



You can read the full guide on your energy provider's website.



The cost of energy can

- change



- be different in different parts of Australia.

Contact



For more information contact your energy provider by phone or online.



If you need help to speak or listen

Contact the National Relay Service or NRS.

Call the NRS help desk

1800 555 660

Go to the NRS website

<https://www.communications.gov.au/what-we-do/phone/services-people-disability/accesshub/national-relay-service>

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Scope's Communication and Inclusion Resource Centre wrote the Easy English version in May 2019. www.scopeaust.org.au

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