



Implementing Energy Efficiency in the Home

Nil Cost (that can be easy to implement)

- Zone the house - open and close doors, windows and window treatments to take advantage of the outside environment to heat and cool the home
- Adjust the thermostat setting for heating appliances to 18-21°C (every degree lower can cut consumption by 10%) and cooling appliances to 24°C-27°C and only heat or cool the areas of the house that you use
- Check fridge and freezer temperatures are set between 3°C & 5°C and -15°C & -18°C respectively as appliances running colder than this use more electricity (thermometers are available in the free Home Energy Toolkits*)
- Take shorter showers and use a timer to help you stick to the recommended 4 minute time limit
- Switch off lights when not in use
- Wash clothes in cold water rather than hot water
- Use a clothesline to dry clothes rather than a tumble dryer
- Turn appliances off at the power point rather than leaving them on standby power
- Use overhead fans instead of an air conditioner as fans are the cheapest form of cooling to buy and run
- Regularly defrost the freezer, remove the frost when it becomes thicker than 5mm
- Participate in a home energy audit available through either the South Australian government Residential Energy Efficiency Scheme (REES) or the Commonwealth government Home Energy Saving Scheme (HESS). See below for contact information**

Some Cost

- Draft proof the house by sealing cracks and gaps around doors, windows, walls and ceilings (seek landlord permission)
- Purchase and install energy efficient light bulbs and use natural sunlight where possible
- Purchase and install a water saving shower head (seek landlord permission)
- Check fridge and freezer seals are clean and in good condition (the seal should be able to hold a bank note when the door is closed) and replace if damaged
- Purchase and use energy efficient appliances, check the appliance energy rating label for efficiency and consumption information

Investment Cost

- Install roof insulation to the house to help retain heat in winter, minimise heat transfer in the summer and reduce the need for heating and cooling appliances
- Install a heat pump water heater or solar water heater to efficiently heat water (check which option will be the most efficient for your location and requirements)
- Install window glazing to minimise the transfer of heat to and from the house (untreated windows are a major source of heat transfer in residential housing)
- Install well designed shade to the house that will block out the summer sun and utilise the winter sun to naturally heat the home
- Install a solar photovoltaic (PV) system to help generate electricity

Source: Government of South Australia 2013, 'Saving energy at home',
www.sa.gov.au/subject/Water%2C+energy+and+environment/Energy/Saving+energy+at+home

*Government of South Australia, 'Home energy toolkit',
www.sa.gov.au/upload/entity/1843/Documents/ED16_Energy%20Toolkit%20DL_PRINT_OCT2012.pdf

** REES see ESCOSA website www.escosa.sa.gov.au/residential-energy-efficiency-scheme-rees/rees-obliged-retailers.aspx or HESS call Uniting Communities (ph: 8202 5980) or Uniting Care Wesley Country SA (ph: 1300 456 946)

*For further information regarding this fact sheet please contact
Bronwyn Colby, SACOSS Policy Officer on
8305 4212 or email bronwyn@sacoss.org.au*

Source: Government of South Australia 2013, 'Saving energy at home',

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