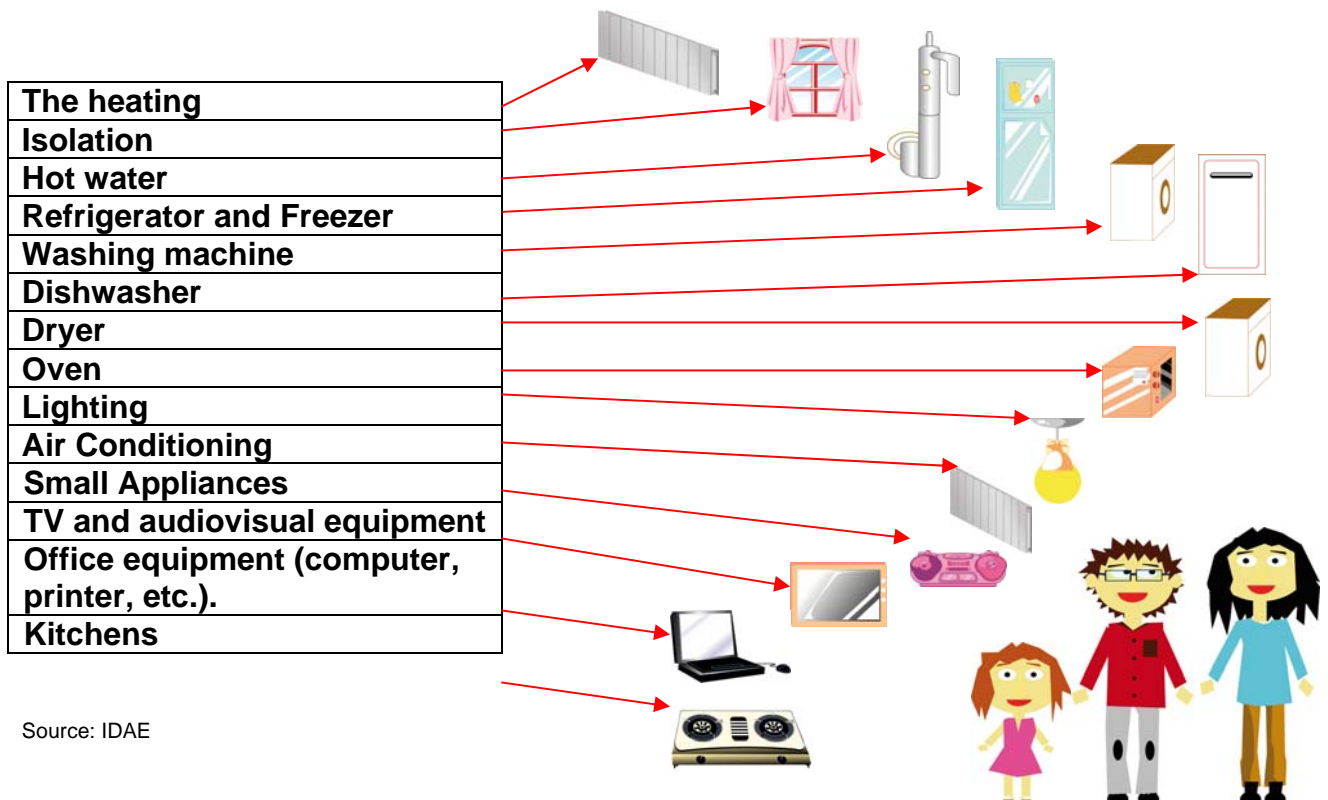


SAVE ENERGY AT HOME

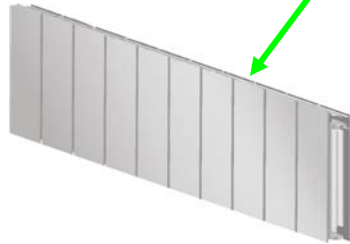


Source: IDAE

Heating

Practical advice.

To save energy and money on heating.



- A temperature of 20° C is enough to maintain comfort in a home. In the bedroom you can lower the temperature between 3 and 5 ° C.
- Turn off the heat at night and morning did not turn up after having ventilated the house and have closed the windows.
- The thermostatic valves on radiators and programmable thermostats are affordable solutions, easy to apply and can be recovered quickly by the substantial energy savings (between 8 and 13%).
- If absent for a few hours, reduce the position of the thermostat at 15 ° C (the position of "economy" of certain models corresponds to this temperature).
- Do not wait to spoil the computer: proper maintenance of our individual boiler will save up to 15% energy.
- The air in the interior of the radiator makes the transfer of heat from the warm water outside. It is desirable to purge the air at least once a year at the start of the heating season. When you stop and start the air out leaving only water, has finished purging.
- Do not cover or place anything next to the radiators. This hinders the proper distribution of hot air.
- To ventilate a room is enough to open the windows about 10 minutes: no more time is needed to renew the air.
- Close blinds and curtains at night: it will avoid significant loss of heat.





Isolation

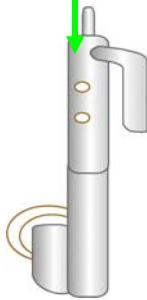
Practical advice. To improve the insulation of our house

- If you build or rehabilitate a house does not skimp on insulation for all external cladding itself. Gain in comfort and save money on air conditioning.
- Install double glazed windows or double windows, and trim thermal break.
- Ensure that the boxes of your blinds do not have cracks and are adequately insulated.
- Detect air currents. To do this, for example, on a windy day, hold a lit candle next to windows, doors, ducts, or anywhere else where outside air can pass. If the flame ranges have located a point where there are drafts.
- To plug the gaps and reduce drafts from doors and windows, you can use simple and inexpensive means such as silicone caulk or weatherstripping.
- Close fireplace dampers when not in use.



Hot water

Practical advice. To save hot water and energy



- Systems with hot water accumulation are more efficient than production systems instantly and without accumulation.
- It is important that the accumulated deposits and hot water distribution pipes are properly insulated.
- Rationalize water consumption. Do not leave the taps open unnecessarily (in the laundry, shaving, brushing teeth in).
- A shower requires the order of four times less water and energy than a bath. Keep this in mind.
- Avoid drips and leaking faucets. The mere trickle of water in the sink means a loss of 100 liters of water per month.
- There are market shower heads, low consumption, allowing for comfortable toilet, spending half the water and therefore energy.
- In the taps can be placed flow reducers (aerators).
- The thermostat temperature controllers, principally for the shower, can save between 4 and 6% of energy.
- A temperature between 30 ° C and 35 ° C is more than enough to get a sense of comfort for personal hygiene.
- If a bathroom or kitchen, it still have separate faucets for hot and cold water, change them to a single mixing faucet (mixer).
- Double switch systems or partial discharge to the toilet save a large amount of water.

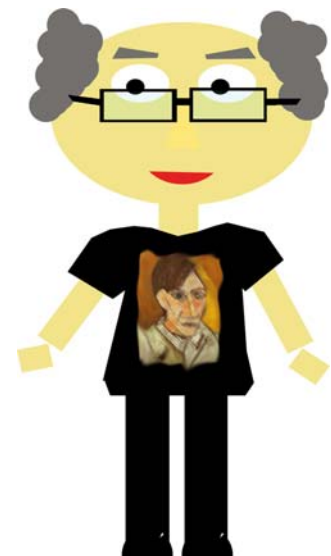


Refrigerator and Freezer



Practical advice

- Buy refrigerators with energy label class A + and A + +. They save energy and money.
- Do not buy a bigger computer than you need.
- Place the refrigerator or freezer in a cool, ventilated area away from possible sources of heat: solar radiation, oven, etc.
- Clean at least once a year, the rear of the device.
- Thaw before the ice reaches 3 mm in thickness can achieve savings of up to 30%.
- Check that the rubber on the doors are in good condition and do a good time: prevent loss of cold.
- Never push hot foods in the refrigerator: if left to cool off, save energy.
- When removing food from the freezer to eat it the next day, defrost it in the refrigerated compartment instead of on the outside, thus, will chill free earnings.
- Set the thermostat to maintain a temperature of 5 ° C in the cooling compartment and -18 ° C in the freezing.
- Open the door as little as possible and closing in fast: avoid an unnecessary waste of energy.



Washing machine

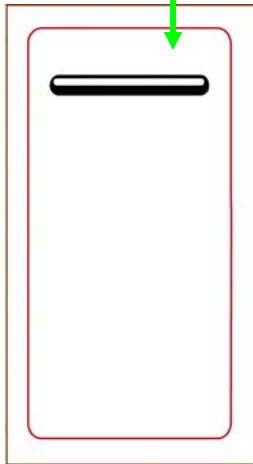
Practical advice

- Buy washing machines with energy label class A. Save energy and money.



- Search also in class A washing label, in addition to eating little, washed well.
- Maximizes the capacity of your washer and try to work always at full load.
 - There are washing machines on the market with half-load programs that reduce consumption significantly.
 - The washing water probe, which measures the dirty water and not change it until it is needed, significantly reducing water consumption and energy.
 - Use low temperature programs, except for very dirty clothes, and leave work at the current effective detergents.
- Enjoy the warmth of the sun for drying clothes.
- Centrifuging spent much less energy to dry clothes using a dryer.
- Use regular descaling and cleaning the washing machine filter impurities and lime thus not diminish the performance of your washer and save energy.
- Once you have your nightly rate, try setting the washing machine and the maximum number of appliances in off hours.





Dishwasher

Practical advice

- Dishwashers with class A energy label save energy and money.
 - Choose the size of your dishwasher according to their needs.
 - Try to use the dishwasher when it is completely filled.
 - At half load, use short or economic programs.
 - If you need to clear the dishes before putting it in the dishwasher, use cold water.
-
- Whenever possible use of economic programs or low temperature.
 - Good maintenance improves energy performance: frequently clean the filter and check the levels of brightener and salt.
 - Always pay full deposits of salt and brightener by reducing the energy consumption in washing and drying, respectively.



Dryer

Practical advice



- If you can choose, buy a gas dryer. If they are electric with energy label class A. Save energy and money.
- Maximizes the capacity of your dryer and always try to work at full load.
- Before use, centrifuge previously clothes in the washing machine.
- Do not dry cotton cloth and heavy clothing in the same burdens of light clothing drying.
- Periodically clean the filter and inspect the dryer vent to ensure it is not obstructed.
- With a gas dryer to save energy and money.
- Use the moisture sensor to prevent over-dry your clothes.
- If available, use the "point of ironing", which fails to fully dry clothes.



Oven

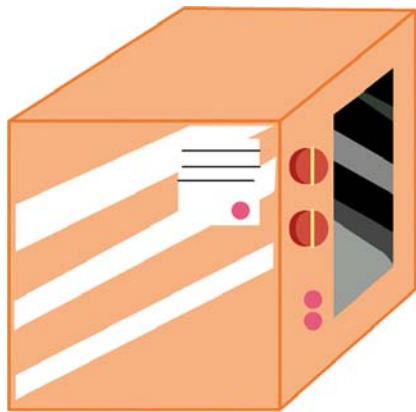


20% of the energy stored inside.

Practical advice

- If you are buying an electric oven, try to be Class A.
- Do not open the oven unnecessarily. Each time you do it is losing at least

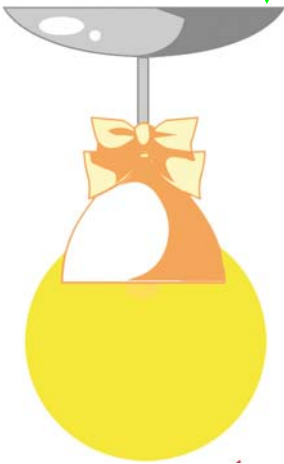
- Try to maximize the capacity of the oven and cook, if possible at once, the highest number of food.



- Generally not necessary to preheat the oven for cooking exceeds one hour.
- Turn off the oven just before end of cooking: the waste heat will be sufficient to complete the process.

- Convection ovens promote even heat distribution, save time and therefore less energy.





Lighting

Practical advice

- Whenever possible, take advantage of natural lighting.

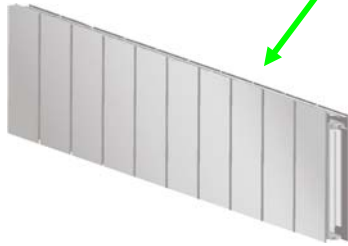
- Use light colors on walls and ceilings: make the most of natural light and artificial lighting can reduce.
- Do not leave lights on in rooms not in use.
- Minimize outdoor decorative lighting: gardens, etc..
- Keep clean the lamps and displays, will increase the brightness without increasing power.
- Replace incandescent lamps with energy-saving lamps. For the same level of illumination, save up to 80% energy and last 8 times longer. Change, priority that are on longer.

- Electronic lamps last longer and consume less than the conventional energy-saving lamps. Are distinguished mainly by the weight: the conventional usually weigh more than 400 grams and electronic weigh about 100 grams.
- In addition, electronic withstand a greater number of on and off.
- Adjust lighting to your needs and give preference to local lighting: in addition to saving get more comfortable environments.
- Place dimmer type light-mail (not rheostat): save energy.
- Use fluorescent lights where you need more light for many hours, eg in the kitchen.
- In hallways, garages, common areas, etc., it's interesting place presence detectors so that lights automatically turning on and off.



Air Conditioning

Practical advice



- When buying, take some advice by professionals.
- Set the cooling temperature at 25 ° C.
- When you turn your air conditioner, do not set the thermostat at a lower temperature than usual: not cool the home faster and cooling would be excessive and, therefore, unnecessary expense.
- Install awnings, close blinds and curtains are running effective systems to reduce our home heating.
- In summer, ventilate the house when the outside air is cooler (early morning and at night).
- A fan, preferably on the roof, may be sufficient to maintain an adequate comfort.
- It is important to place refrigeration so that gives them the sun as much as possible and there is good air circulation. In the event that the condensing units are on a roof, it should cover them with a shading system.
- The light-colored roofs and exterior walls reflects solar radiation, thereby preventing the heating of the interior spaces.



Small Appliances

Practical advice

- Do not leave running equipment (eg, iron or toaster) if you are going to interrupt the task.
- Take advantage of heating the iron to iron large amounts of clothing at once.
- A good choice for a small appliance can save in the

long run, due to its lower energy consumption.

- Optimize use of your appliances. For example, if your toaster is two slots with two toast always put it.
- Sometimes, it can avoid the use of a fan with cross-currents of natural ventilation, so think.





TV and audiovisual equipment

Practical advice

- Do not keep on "stand by" your TV.
 - A good idea is to connect some equipment (TV, stereo, video and DVD, digital decoder, amplifier, antenna) to outlets or multiple docking switch.
 - When disconnecting the outlet, turn off all devices

connected to it and we can achieve savings of more than 40 euros per year.





Office equipment (computer, printer, etc)

Practical advice



- Buy equipment with energy saving systems "Energy Star" and turn them off completely when providing prolonged absences, exceeding 30 minutes.
- It is also advisable to buy printers to print double-sided and fax machines using plain paper.
- When we will not use the computer for short periods can only turn off the screen, which will save energy and turn it on again will not have to wait for it to reboot the computer.
- LCDs save 37% of energy in operation, and 40% in standby.
- The screen saver that uses less energy is the black color.
- You can connect multiple computers to office outlets or multiple docking switch. When you disconnect the plug, turn off all devices connected to it, thus saving energy.





Make sure the bottom of the tank is slightly above the cooking area so



Kitchens

Practical advice

- To cook, manage resources efficiently: microwave, stove with oven and pressure cooker last.

that the flame does not exceed: optimize the heat of the kitchen.

- Electric stoves

used in cookware and the rest of the furniture with thick bottom diffuser: achieve a more uniform temperature throughout the vessel.

- Whenever you can use pressure cookers super fast (barely lost steam during cooking): consume less energy and save time.
- Cover pots while cooking: consume less power.
- Take advantage of waste heat from the electric cookers (except induction) off five minutes before the end of cooking.

