



## Comhairle Chontae na Gaillimhe Galway County Council



# ENERGY CONSERVATION IN THE HOME

Being energy efficient at home can save you 20% or more in energy costs. The first step in managing your household energy is to find out how much you spend. As this varies from month to month, energy consumption should be monitored on a yearly basis using your energy bills. Listed below are some tips on how you can improve your energy management in the home:

## SPACE HEATING

- » Turn the heating in living areas down to 20°C
- » Caulk and weather strip small gaps around windows and doors
- » Set the heating to come on 30 minutes before you get up and to turn off an hour before you go to bed

## HOT WATER

- » Minimise unnecessary heating of hot water
- » Regular maintenance of heating systems can reduce fuel consumption
- » Insulate your cylinder

## APPLIANCES

- » When possible replace old appliances with energy efficient ones. An 'A' rated appliance will use less electricity than a similarly sized appliance with a 'D' rating

- » Turn off PC/laptop whenever you are not going to use it for more than 1 hour
- » Animated screensavers can use more energy than the computer itself
- » Appliances on standby can use up to 20% of the energy that they would use if on - so make sure they are fully switched off

## LIGHTING

- » Turn off lights when leaving a room
- » Replace ordinary light bulbs with CFL's or LED's
- » Maximise sunlight by opening blinds during the day
- » Clean lights annually
- » Check if fewer lights meet lighting requirements

## COOKING

- » Cookers and ovens are expensive to use, so use as efficiently as possible

- » When making tea/coffee, boil only what you need (make sure the kettle's element is covered)
- » Make sure to use kitchen appliances at the appropriate temperature

If you reduce your energy consumption, you can save money.

## REMEMBER - IT'S EASY TO MAKE A DIFFERENCE!



FURTHER INFORMATION  
IS AVAILABLE FROM:

The Waste Prevention Programme  
Environment Section  
Galway County Council

Tel: 091 476 488

E-mail: [snimhain@galwaycoco.ie](mailto:snimhain@galwaycoco.ie)

Paper sourced from sustainable forests



# CAOMHNÚ FUINNIMH SA BHAILE

Má bhíonn tú tíosach ar fhuinneamh sa bhaile is féidir leat 20% nó níos mó a shábháil i gcostais fuinnimh. Is é an chéad chéim maidir le fuinneamh a bhainistiú sa teach ná a fháil amach cá mhéad a chaitheann tú. De bhrí go n-athraíonn sé sin ó mhí go mí, ba chóir monatóireacht a dhéanamh ar úsáid fuinnimh ar bhonn bliantúil ag úsáid do chuid billí. Féach thíos roinnt nodanna:

## TÉAMH SPÁIS

- » Cas síos an teas sna limistéir chónaithe go dtí 20°C
- » Déan bearnaí beaga timpeall ar fhuinneoga agus ar dhoirse a chalcadh agus a shéalú
- » Socraigh an teas le go mbeidh sé ar siúl 30 nóiméad sula n-eireoidh tú agus go gcasaidh sé as uair an chloig sula rachaidh tú isteach sa leaba

## UISCE TE

- » Déan téamh uisce gan ghá a íoslaghdú
- » Má dhéantar córais teasa a chothabháil go rialta, is féidir úsáid breosla a laghdú
- » Cuir insliú ar do shorcóir

## FEARAIS

- » Cuir fearais atá tíosach ar fhuinneamh in áit seanfearais nuair is féidir. Úsáidfidh fearas 'A' rátaithe níos lú leictreachais ná ceann cosúil leis le rátáil 'D'

- » Cas as PC/ríomhaire glúine nuair nach mbeidh tú á úsáid ar feadh níos mó ná uair an chloig
- » Is féidir le spárálaithe scáileáin beoite níos mó fuinnimh a úsáid ná an ríomhaire é féin!
- » Is féidir le fearais a bhíonn ar fuireachas suas le 20% den fhuinneamh a úsáid a d'úsáidfeadh siad dá mbeidís ar siúl

## SOILSE

- » Cas as an solas nuair nach bhfuil gá leis
- » Cuir bolgáin CFL agus LED in áit gnáthbholgáin solais
- » Bain an méid leasa agus is féidir as solas na gréine tré dhallóga a oscallt i rith an lae

## CÓCAIREACHT

- » Tá sé daor an t-oigheann a úsáid, dá bhrí sin déan é a úsáid go críonna
- » Ná fiuch ach an méid uisce atá uait le tae nó caife (déan cinnte go mbíonn an eilimint clúdaithe)

- » Déan cinnte fearais chistine a úsáid ag an teocht cheart

Cuimhnigh, má dhéanann tú laghdú beag sa mhéid fuinnimh a úsáidtear gach uile lá is féidir leat airgid a shábháil.

## CUIMHNIGH - IS FURASTA DIFRÍOCHT A DHÉANAMH!



BREIS EOLAIS LE FÁIL Ó:

An Clár Coisceithe Dramhaiola  
Rannóg Timpeallachta  
Comhairle Chontae na Gaillimhe

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Páipéar ó fhoraisí inbhuanaithe