

Energy efficiency measures – Low & No cost measures

## Scope

- This training module is aimed at **HomeWorks** registered tradespeople who are acting as Low Carbon Ambassadors (LCAs) to provide basic energy efficiency advice to homeowners
- It is one in a series of training modules aimed at LCAs:
  - Introduction to domestic retrofit
  - What is **HomeWorks**?
  - Understanding an EPC (Energy Performance Certificate)
  - Energy efficiency measures (EEMs):
    - **Low/no cost measures**
    - Loft insulation
    - Draught-proofing
    - Cavity wall insulation
    - Solid wall insulation
    - Replacement windows
    - Boiler replacement



## EEMs – Low & No cost measures - Learning outcomes

- The learning outcomes of this training module are to summarise:
  - The simple actions that a homeowner can take to reduce their energy use
  - The typical energy savings as well as other benefits



## Low & No cost measures - Overview

Category	No cost measures/Good housekeeping	Low cost measures
Water	Take showers instead of baths	Use water saving shower and tap fittings
	Spend less time in shower	
	Use bowl to wash-up rather than running tap	
Lighting	Switch off lights	Switch to LEDs
Appliances	Reduce tumble dryer usage	Install standby saver switch
	Reduce washing machine usage	
	Don't overfill kettle	Choose eco appliances when they need replacing
	Switch off devices (e.g. TVs) on standby	
Heating	Get familiar with heating controls	Install heating controls
	Turn down room thermostat	Install smart meter
		Draught-proof

- Finally, homeowners should get familiar with their energy bill

## No cost measures – Annual savings

Category	Measure	Saving
Water	Take showers instead of baths	<ul style="list-style-type: none"> <li>• 5-minute shower uses about third of water of bath</li> <li>• If householder has water meter, this will cut water bill too</li> </ul>
	Spend less time in the shower	<ul style="list-style-type: none"> <li>• 1 minute less showering each day will save up to <b>£7 a year</b> off energy bills per person</li> <li>• With water meter this could save a further <b>£12</b> per year</li> </ul>
	Use bowl to wash-up rather than running tap	<ul style="list-style-type: none"> <li>• This can save <b>£25 a year</b> in energy bills</li> </ul>
Lighting	Switch off lights	<ul style="list-style-type: none"> <li>• This will save around <b>£14 a year</b> on energy bills</li> </ul>




## No cost measures – Annual savings

Category	Measure	Saving
Appliances	Reduce tumble dryer usage	Drying clothes outside when weather is dry cuts electricity use
	Reduce washing machine usage	Reducing washing machine use by just one cycle per week saves <b>£5 a year</b>
	Don't overfill kettle	Just filling kettle with amount of water needed saves around <b>£6 a year</b>
	Switch off devices (e.g. TVs) on standby	Turn appliances off standby mode can save around <b>£30 a year</b>
Heating	Get familiar with heating controls	Having full heating controls and using them efficiently could save around <b>£75 a year</b>
	Turn down room thermostat	Turning down room thermostat by 1°C can save around <b>£80 a year</b>



## No cost measures – Get to know your fuel bill

- Understanding information on an energy can help to manage energy usage at home
- See EST video at <https://energysavingtrust.org.uk/home-energy-efficiency/energy-saving-quick-wins>



**Your Energy Company**  
1 Electric Avenue  
Gastown GA5 3DE  
[www.yourenergycompany.co.uk](http://www.yourenergycompany.co.uk)

Mr Sample  
123 Sample Street  
Anytown  
AT1 B23

Your account number  
**1234 5678 1234 5678**

Date of bill: **10 April 2014**

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**Your gas and electricity bill – actual readings**

This bill covers the period 01 March 2014 – 01 April 2014

Last account balance	£xx (in debit)
Cost of electricity (inc VAT)	£xxx.xx
Cost of gas (inc VAT)	£xxx.xx
Your new account balance	£xxx.xx in debit

Next steps  
Your next monthly Direct Debit payment of £xx will be taken on 01 May 2014  
You do not have to do anything.

Your tariff  
Standard Tariff

Energy usage is on page 2

**Your energy use this year and last year**

These graphs compare the amount of energy you used this period to the amount of energy you used in the same period last year.

xx kWh

your average electricity usage in kWh per day

xx kWh

your average gas usage in kWh per day

**Could you pay less?**

Your personal electricity projection is £xxx.xx per year. This is based on your actual consumption for your tariff and the current price.

**Our cheapest similar tariff**  
You are already on our cheapest similar tariff, but we will tell you if this changes

**Our cheapest overall tariff**  
Name: Online Fix September 2015  
You could save £xxx.


Please note that switching tariffs may involve changing to materially different terms and conditions. Call us or visit our website for details. Remember – it might be worth thinking about switching your tariff or supplier. For more information on switching your tariff see overleaf.

Your personal gas projection is £xxx.xx per year. This is based on your actual consumption for your tariff and the current price.

**Our cheapest similar tariff**  
You are already on our cheapest similar tariff, but we will tell you if this changes

**Our cheapest overall tariff**  
Name: Online Fix September 2015  
You could save £xxx.

Please note that switching tariffs may involve changing to materially different terms and conditions. Call us or visit our website for details. Remember – it might be worth thinking about switching your tariff or supplier. For more information on switching your tariff see overleaf.



**Your energy charges this period**

Electricity		Gas	
Meter number 000000000		Meter number 000000000	
Previous reading	xxxxx Actual	Previous reading	xxxxx Actual
Latest reading	xxxxx Actual	Latest reading	xxxxx Actual
KWh used over xx days	xxxxx	Units used over xx days	xxx
At xx.xx p per kWh this costs	£xxx.xx	(100s cubic feet)	xxx
		Converted to kWh	xxx
		At xx.xx p per kWh this costs	£xxx.xx
Add standing charge of xxx.p per day for xx days	£xxx.xx	Add standing charge of xxx.p per day for xx days	£xxx.xx
VAT at 5%	£x.xx	VAT at 5%	£x.xx
<b>Total cost of electricity used</b>	<b>£xxx.xx</b>	<b>Total cost of gas used</b>	<b>£xxx.xx</b>

Meter Point Reference number  
97536201482

**What is a kWh?**  
Energy is charged in kilowatt hours (kWh). A kWh is 1 kilowatt of power used in 1 hour.

**What does a kilowatt hour power?**

40W

40 watt light bulb for 25 hours

**About your tariff**

Here's information about your tariff to help you to compare it with others available.

Electricity	Gas
Tariff name: <b>Standard Electricity</b>	Tariff name: <b>Standard Gas</b>
Payment method: <b>Direct Debit</b>	Payment method: <b>Direct Debit</b>
Tariff end date: <b>No end date</b>	Tariff end date: <b>No end date</b>
Cancellation fee: <b>There is no cancellation fee</b>	Cancellation fee: <b>There is no cancellation fee</b>
Your actual usage in the last 12 months: <b>xxxx kWh</b>	Your actual usage in the last 12 months: <b>xxxx kWh</b>

**About your tariff comparison rate**

Tariff Comparison Rate (TCR)  
**xx.xx p per kWh**

This is the TCR for your tariff. You can use your TCR only as a guide to compare the price of electricity and gas tariffs.

The TCR is not an actual price and is based on the consumption of a typical use of electricity (3,000 kWh/year) and gas (13,500 kWh/year). The actual prices will depend on your personal consumption.

Call us on 0800 000 0000 or visit our website [www.yourenergycompany.co.uk](http://www.yourenergycompany.co.uk) for details on your tariff and on the calculation of the TCR.



## Low cost measures – Annual savings

Category	Measure	Saving
Water	Use water saving shower and tap fittings	<ul style="list-style-type: none"><li>Water efficient shower head could save 4-person household <b>£70 a year</b></li><li>Could also save <b>£115 a year</b> on water bills if household has water meter</li></ul>
Lighting	Switch to LEDs*	Replacing all light bulbs in average household with LEDs would cost about <b>£100</b> and save about <b>£35 a year</b>



*Saving figures from Energy Saving Trust*

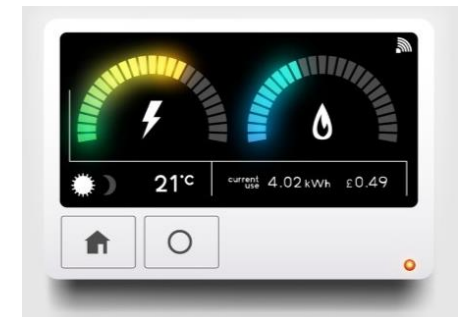
\* Further detail on lighting can be found on the Simple Energy Advice website at:

<https://www.simpleenergyadvice.org.uk/measures/low-energy-lighting>



## Low cost measures – Annual savings

Category	Measure	Saving
Appliances	Install standby saver switch	Turn appliances off standby mode can save around <b>£30 a year</b>
	Choose eco appliances when they need replacing	A-rated 180-litre fridge freezer could cost only <b>£43 a year</b> to run, whereas larger 525-litre fridge freezer with A+ rating could cost <b>£57 a year</b>
Heating	Install heating controls	<ul style="list-style-type: none"> <li>Having full heating controls and using them efficiently could save around <b>£75 a year</b></li> <li>Smart controls provide greater help to control heating and understand energy use</li> </ul>
	Install smart meter	Display or monitor could help reduce electricity use by <b>2.8%</b> and gas use by <b>2%</b>
	See <i>Boiler replacement</i> module Draught-proof See <i>Draught-proofing</i> module	<ul style="list-style-type: none"> <li>Professional draught-proofing can cost around <b>£200</b>, but can save around <b>£20 a year</b></li> <li>DIY draught-proofing can be much cheaper</li> </ul>



## Low & No cost measures – Further information

Further information can be found on:

- Simple Energy Advice (SEA) website: <https://www.simpleenergyadvice.org.uk/simple-savings>
- Energy Saving Trust (EST) website: <https://energysavingtrust.org.uk/home-energy-efficiency/energy-saving-quick-wins>