

Resident Energy Conservation Tips

“Check  out these House-hold tips!”



The Entire Home

- ◇ Install CFL bulbs where you can
- ◇ Use ceiling fans instead of air conditioners
- ◇ Put electronic appliances on a power strip
- ◇ Turn off the power strip when not in use
- ◇ Close windows while the AC is running
- ◇ Close blinds during the day when the sun is the highest



Living Room/Dining Room

- ◇ Place TV sets and lamps away from the Air Conditioning thermostat, the heat could cause the AC to run longer than necessary
- ◇ Locate floor lamps in the corner of the room to reflect more light



Laundry Room

- ◇ Only wash when you have a full load
- ◇ Wash clothes using cold water settings
- ◇ Do not add wet items to a dryer that has clothes that are partially dried
- ◇ Remove clothes promptly to minimize wrinkling and need to iron
- ◇ Clean lint filter often
- ◇ Do not overload dryer
- ◇ Dry clothes in succession to retain the heat in the dryer



Bedroom

- ◇ Unplug your cell phone charger when not in use
- ◇ Do not leave your computer on when not in use
- ◇ Activate sleep features when available



Kitchen

- ◇ Use the oven at a minimum, for small items use a toaster oven instead
- ◇ Use the microwave to re-heat or defrost instead of the stove, the microwave uses less energy and creates less heat
- ◇ Thaw frozen food before cooking
- ◇ Make sure the refrigerator door is closed completely
- ◇ Limit the amount of time the refrigerator is opened, plan ahead and take out all ingredients for a meal at one time
- ◇ Avoid over-crowding the refrigerator, this limits air circulation and reduces cooling capacity
- ◇ Keep refrigerator temperature on the proper setting
- ◇ Match pot size to burner size
- ◇ Use a lid on pots to reduce cooking time and energy use
- ◇ Turn off cook-top a few minutes before food is completely done
- ◇ Use glass or ceramic pans in your oven, you can turn down the temperature by about 25°F and foods will cook just as quickly
- ◇ Do not pre-heat unless you are baking
- ◇ Prepare several batches of food at one time
- ◇ Turn off ventilation fan when the job is done
- ◇ Use the grill to cook instead of the stove
- ◇ Use dishwasher for full loads only
- ◇ Clean the bottom filter of the dishwasher to maximize efficiency
- ◇ When washing dishes manually fill one side of the sink with soapy water and the other side with clean water, you will use less hot water
- ◇ Unplug unused appliances



Bathrooms

- ◇ Turn ventilation fan off when not in use, these fans can pull cool air from a house in an hour
- ◇ Unplug the hair dryer/curling iron/electronic tooth brush charger
- ◇ Take shorter showers, just 2 minutes per shower could save up to \$460 per year
- ◇ Take cooler showers

Resident Energy Conservation Tips



Water-Heater

- ⇒ Most water heaters have timers. Make sure your timers are set to efficiently utilize the sun for heating water



Air Conditioner



- ⇒ Keep air conditioner filter clean. Changing filters at least monthly will help AC run most efficiently
- ⇒ Make sure air intake registers are unobstructed
- ⇒ Set thermostat to the warmest comfortable setting, each degree above 75°F saves 3% of the energy used to cool your home
- ⇒ Set thermostats higher (78-80 degrees) for times you will not be home, lower upon return
- ⇒ On cooler, breezy days open windows and let the breeze cool your home
- ⇒ Never run air conditioner with windows and doors open



Appliances

- ⇒ Smaller appliances should be unplugged when not in use. Rice cookers, slow cookers, toasters and blenders, coffee makers, etc.
- ⇒ Blow dryers, electric shavers, other bathroom appliances should be unplugged when not in use
- ⇒ Wash and dry only full loads of laundry. Using coldest settings optimizes conservation
- ⇒ Use dishwasher for full loads only. Use air dry feature instead of heat dry feature



Lighting

- ⇒ Study and adjust your family's lighting needs. Turn off all unused lights
- ⇒ Take advantage of daylight by opening blinds in North and East facing windows during the day
- ⇒ Concentrate light where needed and reduce background light levels
- ⇒ Replace incandescent bulbs with CFL bulbs. Permanent light fixture CFL bulbs in your home can be obtained from Self Help on Nimitz Road or at the Pearl City Self Help
- ⇒ Personal lighting (floor & table lamps) CFLs can be purchased from any mini-mart or the NEX



Central RSO

(808) 839-8670

East RSO

(808) 839-8620

West RSO

(808) 839-8640

Maintenance

(808) 839-HELP (4357)



Electronics

- ⇒ Use power strips for electronics. Turn off power strip when not in use
- ⇒ Turn off TV's, stereo systems, gaming systems, computers and other electronics at the power strip when not in use
- ⇒ Unplug chargers when not in use