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Keep cool this summer without blowing your budget

With warm weather approaching, EnergyAustralia is offering families tips on how to keep their homes cool this summer without blowing the budget.

EnergyAustralia energy efficiency expert Paul Myers said keeping cool was easy and taking simple steps could make a big difference.

“Staying cool over summer does not have to be expensive,” Mr Myers said.

“In fact, a four person household can cut up to 10 per cent off their electricity bill and up to one tonne of CO₂ from its household emissions, just by being more efficient with heating and cooling.

“Keeping the heat out in the first place is always the best approach. A lot of heat is gained from direct sun on windows, especially those facing west, so shading them with external blinds or trees can be an effective way to keep your house cooler and more comfortable.

“Fans should always be your first port of call for cooling efficiently. Ceiling fans cost about the same as a light bulb to run.

“For those days you do want to use your air conditioner set it between 23 and 26 degrees for the most efficient results.”

EnergyAustralia's top five energy efficient cooling tips:

- **Use fans** – Pedestal and ceiling fans will keep you cool and are cheap to run. Fans cost about \$4 a year to run. Air conditioners can cost more than \$200 a year.
- **Shade your home** – External blinds, well placed trees, vines and pergolas will help stop the sun heating your home and keep the temperature down on the inside.
- **Catch the breeze** – There's nothing like a fresh breeze to cool a hot summer day. If a breeze is blowing leave the security grilles closed and open doors, windows and louvres on opposite sides of your home to take advantage of nature's air conditioning.
- **Insulate the ceiling** – Ceiling insulation can reduce indoor temperatures by as much as 10 degrees in summer and cut your cooling costs by up to 40 per cent. The NSW Government recently announced rebates for ceiling insulation of up to \$300.
- **Run air-conditioning efficiently** – the most energy efficient temperature setting is between 23 and 26 degrees. Use the 'recirculate' setting and close the doors and windows in the area you are cooling.

“By planning ahead and looking at a range of cooling options you can make sure the temperature inside your home remains comfortable, while avoiding the post-summer power bill spike,” Mr Myers said.

For more energy efficiency advice visit www.energy.com.au/efficiency

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