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Lighten your load and help make Earth Hour a big success

Homes and businesses taking part in Earth Hour this month are being offered a few simple tips about how to help make the night a big success.

EnergyAustralia energy efficiency expert Paul Myors said households could help send a powerful message at 8pm on Saturday March 29 about the importance of using energy wisely.

"Being energy efficient is a simple first step we all should take to help combat climate change," Mr Myors said.

"Turning off your lights during Earth Hour is a powerful symbol – but a few extra steps will help make deeper cuts in your total energy use on the night.

"Before you turn out your lights, check that all your standby power is switched off at the power point. The number of appliances left on standby in our homes has increased by 35 per cent over the past few years.

"And it's adding up to 10 per cent to our electricity use. Televisions, DVDs, microwaves, set top boxes, games consoles, stereos, computers, modems, dishwashers, washing machines – the list goes on. If it's not being used turn it off.

"March and April is normally a milder time of the year when we don't need heating or cooling – so leave it off. Try putting on a jacket if it gets cool, or if it's warm open a door or window and use fans instead of your air conditioning.

"Now that we're heading towards winter, it means less time in the backyard swimming pool.

"You can cut your pool pump running time in half in the non-swimming season. Unless you have a heated pool, make sure your pool pump is switched off during Earth Hour and when it's over, set it to run for about two to four hours a day when it's not being used.

"One in four homes has a second fridge which can chew up more than one tonne of CO₂ per year. If it's not being used turn it off and leave the door slightly ajar.

"Once you've followed these steps, switch off your lights and see what a difference we can all make."

The energy used by a typical Australian household of four people produces the equivalent of about 10 tonnes of CO₂ a year, but by following some of your Earth Hour tips all year round you can slash your carbon footprint.

"Earth Hour can be the start of a lower carbon living all year round," Mr Myors said.

EnergyAustralia's top ten energy efficiency tips are attached. If these don't suit go to www.energy.com.au/efficiency for more advice on how to save.

Energy Australia's Top 10 Energy Saving Tips

To be energy efficient all year round:

1. **Don't leave appliances in standby mode** - save up to \$50 per year and 0.4 tonnes of CO₂.
2. **Use energy efficient light bulbs** - save up to \$50 per year and 0.4 tonnes of CO₂.
3. **Don't over heat or over cool rooms** - save around \$50 per year and 0.4 tonnes of CO₂.
4. **Use the line whenever the sun shines** - save up to \$40 per year and 0.3 tonnes of CO₂.
5. **Get rid of or turn off that old second fridge** - save up to \$200 per year and more than 1 tonne of CO₂.
6. **Shave two minutes off your shower** – save up to \$100 per year and 0.8 tonnes of CO₂.
7. **Install a triple star showerhead** – save up to \$100 per year on energy and water costs, and up to 0.8 tonnes of CO₂.
8. **Buy appliances with high star ratings** – you will save on running costs and CO₂ emissions.
9. **Wash clothes in cold water** - save around \$40 per year and 0.3 tonnes of CO₂.
10. **Don't run your pool pump for too long** - save up to \$75 per year and 0.6 tonnes of CO₂.

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