



## WHY IS IT NOW SO IMPORTANT TO SAVE ENERGY?

Many households have already been careful with their use of energy for a long time. But the cost of energy is rising sharply at the moment, especially for gas. That's why it is NOW especially important not to waste energy. Please help by doing your bit!

The German federal government is planning to ease the financial pressure on consumers. Nevertheless, we can all help by keeping our energy consumption as low as possible.

This helps to save money, protect the climate and get us safely through the winter, even though gas is in short supply.

**We have some good tips on how you can save energy quickly and easily.**

## FOR MORE TIPS ON HOW TO SAVE ENERGY:

[www.verbraucherzentrale.nrw/energiepreise](http://www.verbraucherzentrale.nrw/energiepreise)  
[www.stromspar-check.de](http://www.stromspar-check.de)

# Tips on saving energy



Energy prices are skyrocketing – here are some useful tips on how to cut your (additional) costs.

## REDUCE HEATING COSTS

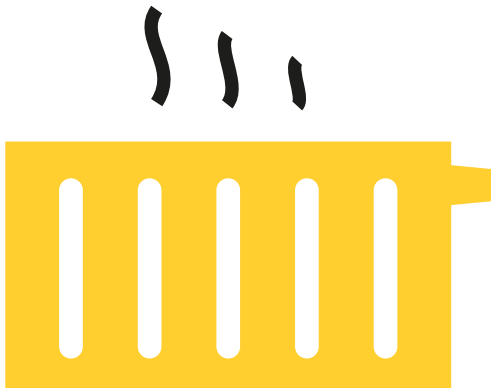
**Adjust thermostats correctly:** On standard thermostats, level 2 corresponds to roughly 16°C, level 3 to about 20°C and level 4 to about 24°C. Level 3 is often the right choice. You can save around 6% on heating costs for each degree lower.

**Turn down the heating at night or when you are away:** Turning down the thermostats to level 2 saves energy and maintains the minimum temperature at 16°C. When you turn them up to level 3 again, the room will quickly get warm. Level 2 is also sufficient for rooms currently not in use. Close room doors so that the warm air cannot escape into colder rooms.

**Do not cover radiators with curtains or place furniture in front of them.** Otherwise the heat cannot circulate properly and you will need more energy to heat the rooms. Each radiator should be clearly visible so that the air in the room can flow over it without obstruction.

**Proper airing ensures sufficient fresh air and prevents mould from forming.** Open your windows completely and air briefly but thoroughly. Do not air by tilting windows when the heating is switched on.

**Turn down the thermostats when airing:** Otherwise your radiator will “think” that the room is cold and needs to be additionally heated. It is best to turn it back to level 3 only a few minutes after closing the windows.



## REDUCE HOT WATER COSTS

**Hot water** uses a great deal of energy – whether heated electrically or via your heating system. Here you can save quite a lot:

**Showering is the better alternative.** A full bath uses 3 to 5 times more water and energy than a short but adequate shower (5–6 minutes).

**Economy showerheads or aerators on the tap** produce a pleasant spray with far less water.

**When washing hands:** Cold water with soap is usually sufficient. The tap does not always need to be fully turned on.

**Always turn the single-lever mixer to “cold”** and only set it to “warm” if you need warm water, but then reset it to “cold” immediately after washing. If the lever remains in the middle position, hot water is always consumed, even when you do not need it.

**Never leave water running unnecessarily.** Therefore, when soaping up in the shower, washing your hands or brushing your teeth, always turn off the tap in between.

**Do not rinse under warm running water.** It is better to put a plug in the drain and rinse with a full sink.

**Hot water boiler:** Only set the temperature that is actually required. Otherwise, the unnecessarily heated water must be mixed with cold water to cool it down again. At hand washbasins (e.g. guest WC), the device can be left completely switched off.

**Electric flow heaters** use very large amounts of electricity. Therefore, set them to the lowest possible temperature so that you no longer need to add cold water.



## REDUCE ELECTRICITY COSTS

**Set the refrigerator correctly:** If you increase the temperature by 1°C, you cut power consumption by about 6%. In the refrigerated section, 7°C is fully sufficient and can be achieved by setting the temperature to level 1–2. Minus 18°C is optimal for the freezer compartment.

Always fill up the dishwasher before switching it on so that it doesn't need to be used as often. Use the ECO programme or low temperatures of 45°C to 55°C. Pre-rinsing is not usually necessary – only rinse off coarse food residues with a little cold water beforehand. The dishwasher will do the rest.

**Washing machine:** Washing at 30°C to 40°C is sufficient for normally soiled everyday laundry and your clothes will last longer. ECO programmes are even more economical, although they take longer. Dry your laundry in the air instead of in the tumble dryer. That is also possible in winter.

**Lighting:** If you are still using filament bulbs or halogen lamps, replace them with LEDs. That will save you up to 90% on electricity.

**Cook** with the lid on. For many foods (e.g. potatoes, vegetables or eggs), a cup of water is then sufficient. The food will cook in the hot steam.

**Switch off devices** when they are not in use. This applies to PCs, televisions, PlayStations – in fact to all devices.

