SECTION 3
Energy Saving Tips For Everyday Living

Lighting:
- **Switch off lights:** Simple but effective! Always turn off lights when leaving a room. Get the whole household into this habit. Can be a great way of starting others on their journey to more sustainable living.
- **Use natural light:** Open curtains and blinds during the day. Arrange any desks or workstations beside a window means you'll have less need for a lamp.
- **Clean Windows:** Clean your windows regularly to let the light in. You'd be surprised what a difference it can make.
- **LEDs are best:** Ensure to replace any bulbs with LEDs when required, as this saves money and energy over its lifetime.

Appliances:
- **Unplug 'vampire' devices:** Standby mode still uses electricity. Unplug chargers, TVs, game consoles, laptops etc., when not in use or switch them off at the wall.
- **Full loads:** Only run dishwashers and washing machines when they are full.
- Kettle wisdom: Only boil the amount of water you need. Think of how many cups of tea/coffee your kettle boils and how much time and money you will save.
- **Fridge & Freezer:** Don't leave the door open. Defrost regularly if it's not frost-free. Ensure there's space for air to circulate behind the unit.
- **Keep a lid on it:** Cover any pots with a lid while cooking, to speed up cooking, which also reduces steam and condensation indoors (reducing potential for mould on walls & ceilings). And a quicker cooking time means less energy used and less money spent.

- **Batch cook:** Where possible, batch cook to save time and money. Reheating a defrosted batch meal is much easier, quicker and cheaper to cook, than cooking every meal individually.
- **Microwave:** Is the cheapest way of cooking and the quickest.
- Oven: When using the oven avoid opening the oven door, as heat escapes, meaning a longer time to bake and more expensive to run. Try to maximise baking to include other items, e.g. if baking a lasagne, could you also bake a tray of vegetables as a side or for a salad? Or perhaps some oven chips?

Ventilation & Draughts:
- **Keep trickle vents open (if applicable):** These tiny vents in windows are designed to provide background ventilation and should be kept open to prevent condensation and will help prevent mould.
- **Draughts:** If you feel cold draughts around windows or doors, simple insulation strips can be very effective, as can draught excluders on the bottom of doors.
- **Don't block air vents:** Any vents in your home are there for a reason – do not block them.
- **Drying Laundry:** hang dry your laundry outdoors whenever possible, to save on energy and prevent build-up of indoor dampness.

Welcome to your upgraded home! South Dublin County Council are committed to creating comfortable, energy-efficient and sustainable homes for our tenants.

This toolkit is designed to help you understand your new energy systems, reduce your energy bills and contribute to a greener future.

SDCC

Your Home, Your Energy

A Tenant's Guide To Smarter Living

SECTION 1
Why Energy Awareness Matters

Saving Money: Learn how small changes in your energy habits can lead to significant savings on your utility bills. Every Euro saved is a Euro in your pocket!

Comfortable Living: Understanding your heating and ventilation systems ensures your home is always at its most comfortable temperature, without wasted energy.

A Greener Future: By using energy wisely, you're helping to reduce carbon emissions and combat climate change, creating a healthier planet for everyone.

Protecting Your Home: Proper use of heating and ventilation systems helps prevent issues like dampness and mould, keeping your home healthy and well-maintained.

SECTION 2
Understanding Your New Energy Systems

Your Heat Pump System

What it is: A highly efficient heating system that extracts heat from the air outside to warm your home and provide hot water (also known as an Air to Water Pump System). It uses electricity but produces much more heat energy than the electricity it consumes.

How it works (simply): Think of it like a fridge in reverse! It moves heat from one place to another.

Key Controls:
- **Temperature Setting:** How to set your desired room temperature.
- **Scheduling:** How to set different temperatures for different times of day (e.g. warmer in the evenings, cooler at night).
- **Turning on/off:** How to turn on/off heating and hot water settings.
- **Modes:** Setting different modes e.g., air heating, hot water, standby, holiday mode.

Top Tip for Heat Pumps: Heat pumps prefer to run at a lower, consistent temperature rather than blasting heat. Try to avoid turning it off completely when you're just out for a few hours. Keeping a background temperature is often more efficient.

See '**Heat Pump Myth Busters**' pamphlet for more information.

Also see:
www.sdcc.ie/en/services/housing/maintenance-and-repairs/

Contact SDCC Climate Action Team: We're here to provide local guidance and support. You can find more information on home energy improvements on the South Dublin County Council website at: **www.sdcc.ie/en/climate-action/**

SECTION 3
Energy Saving Tips For Everyday Living

Heating Habits:
- **Set the right temperature:** 18-21°C is usually comfortable for most living areas. Lowering your thermostat by just 1°C can save up to 10% on heating costs! Keep your bedrooms on the cooler end of the range, for comfortable sleeping.
- **Programme your heating:** Use the scheduler on your heat pump/thermostat to match your lifestyle. Heat your home when you're in it and reduce or turn off the temperature when you're out or asleep.
- **Don't block radiators:** Furniture or long curtains blocking radiators prevent heat from circulating effectively. Move any furniture away from radiators and ensure curtains don't hang over the radiators.
- **Bleed radiators:** Use a radiator key annually to remove (bleed) any trapped air, to ensure it operates as efficient as possible.
- **Close doors:** Keep external doors closed as much as possible and keep internal doors closed to rooms you're not heating to prevent heat loss. Also, turn radiators down or off in rooms you don't use.

Hot Water:
- **Showers over baths:** A five-minute shower uses much less hot water than a bath. A regular shower only uses one fifth (20%) of the energy required for a bath.
- **Use the 'Eco' setting:** If your dishwasher/ washing machine has an eco-setting, use it! It saves both energy and water. It also saves you considerable money over the lifetime of the appliance.
- **Fix leaks:** A dripping hot water tap wastes a surprising amount of energy. Report any leaks immediately to the Housing maintenance department.
- For maintenance and repairs to your council home; phone: **(01) 4149000**. Please ensure that you have your rent account number ready when you call, as you may be asked to provide it for verification purposes. If you have an emergency after 5pm or at the weekend, ring the Out of Hours Service No: **(01) 4574907**.
- Refer to Tenant Responsibilities document for a full list of repair responsibilities of Tenant and Council: **www.sdcc.ie/en/services/housing/maintenance-and-repairs/**