

## Interesting facts about Energy:

- ✦ Heating your home and water represents 77.9% of the average house's energy use.
- ✦ Only 10% of the energy used by an incandescent light bulb is used to generate light, the rest produces heat. LED's use up to 90% less energy than an incandescent bulb and use 50% of the energy to produce light
- ✦ Electronic devices on standby use 75% of the electricity, on average, of when they are in use.
- ✦ A typical microwave uses more electricity to keep its digital clock on standby than it does heating food.
- ✦ The energy needed to run a single Google search could power a 60W bulb for 17 seconds.

### Still have questions?

If you have any questions please contact the  
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or

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## Switch to Saving

### Switch ✦

- ✦ **off lights** when you leave a room.
- ✦ to **LED** light bulbs.
- ✦ from a bath to a **shower**.
- ✦ **off devices** at the wall.
- ✦ from a hot clothes wash to a **cold clothes wash**.
- ✦ from tumble drying to **line drying**.



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## Energy Saving

Ideas for saving Energy at home



# Energy-saving

Energy is a vital resource for modern life. With concern over our Carbon footprint and increasing energy costs, we can all play a part in saving energy. Here are some simple energy-saving ideas we can do at home.



## Electricity use:

- ✦ **Switch off lights** when you leave a room.
- ✦ **Turn appliances off at the wall** when they are not in use; they still use energy on standby.
- ✦ **Turn chargers off** when not in use.
- ✦ Change your **incandescent light bulbs to LEDs** or other energy saving light bulbs.
- ✦ **Ensure the fridge/freezer door is fully closed** while it's not in use.
- ✦ Only **fill your kettle** with the water you need.
- ✦ When buying new appliances, look to **buy more energy efficient appliances.**



## Heating and water:

- ✦ Have a **shower** rather than a bath.
- ✦ **Wash your laundry on a cold or 30°C wash** rather than a 60°C wash.
- ✦ **Close windows** when you don't need them open and check window seals.
- ✦ **Use a timer on your thermostat** and set it to times when you are in the house.
- ✦ **Set your thermostat to no more than 18°C** at night.
- ✦ Set your water heating to **no more than 60°C.**
- ✦ Make sure that your home is **properly insulated.**



## Travel and journeying:

- ✦ **Use alternative transport**, such as cycling or walking.
- ✦ **Shut off your car engine** when you are parked.
- ✦ **Car share** when driving to work, or going out and about.
- ✦ Ensure that your vehicle is **serviced regularly.**



## Other tips:

- ✦ **Draft excluders** can be used to help insulate around doors and windows.
- ✦ **Fully load** your dishwasher before running.
- ✦ **Don't keep opening the oven** when cooking, doing so for only seconds can drop the temperature.
- ✦ **Don't charge your phone overnight**, it only takes a couple of hours to charge to full.