

This Code of Practice outlines the services, advice and assistance we may be able to offer you to help use your energy more efficiently.





We aim to offer you the best advice available to help maximise energy efficiency in your home. Adopting some simple energy efficiency measures in your home could help you save on the cost of your energy bills and help the environment.

Using Electricity Efficiently

Standby Mode – Switch off TVs, games consoles etc at the wall when not in use; even on standby mode, these still use energy. Unplug chargers from laptops/phones when fully charged.

Lighting – Lights use more energy than anything else in a typical household which is why we recommend turning lights off when not being used. It's also beneficial to use energy saving light bulbs which use around a quarter of the electricity and will last approximately ten times longer than an ordinary bulb.

Appliances – Some of the latest appliances are over 90% efficient. When purchasing an electrical appliance, aim for the higher rated appliances - A or B. The more efficient (A or B), the cheaper to run.

Control Your Heating and Hot Water

Use a Thermostat – Ideally you should set your thermostat between 18°C - 21°C. Dropping the temperature on your thermostat by just 1°C can save up to 10% on your energy bill.

Use Controls – Only switch on your heating and hot water when you need it. Set your timer to switch your heating off 30 minutes before you leave the home or go to bed. In unused rooms, make sure the radiators are turned down low.

Don't let heat escape – Don't open windows when the heating is on, if you are too warm turn the heating down. If you use electric heaters or fires turn them off before you leave the room for any amount of time.

Insulation – If you haven't already, consider installing doubleglazed windows and draught proof doors. Insulating your roof and cavity walls can also help retain heat. Heavy lined curtains are also excellent retainers of heat and if possible, use curtains with heat-reflective, insulated lining.

Hot Water – Showers use less water than baths. If you have a thermostat for your hot water system, the maximum temperature on this should be set to 60°C.

Laundry

Washing Machine – use a low temperature setting and wash full loads where possible; 1 full load uses less energy than 2 half loads.

Tumble Dryer – Again try to use full loads where possible and spin your clothes first; they'll dry quicker. Avoid setting the temperature too high and when the weather is suitable, dry your clothes outside rather than using the tumble dryer. When drying clothes indoors use a clothes rail, not a radiator as this blocks heat from the room.

Remember – When buying a new washing machine or dryer - look out for the energy efficiency rating.

Get in Touch

If you need assistance with any energy efficiency matter or for more tips and advice, please contact us by:



Phone: **0345 601 9093**

Monday to Friday 8am to 6:30pm (calls charged at local rate)



Webchat: **www.sseairtricity.com**

(Monday to Friday 8am to 6.30pm, Saturdays 10am to 6pm)

Other Information Sources

For more information or assistance on measures to improve your energy efficiency or to enquire about grants available for energy efficient heating systems:



Call NI Energy Advice on: **0800 111 4455**



Email: **NIenergyadvice@nihe.gov.uk**



Website: **<https://www.nihe.gov.uk/Community/NI-Energy-Advice>**