

Energy Saving Checklist

By Nicole Nichols-West

- Simple Steps
 - Unplug appliances, electronic devices and chargers when you aren't using them.
 - Turn off lights, appliances, heating and air conditioning when not at home.
 - Place your computer on sleep or standby when not in constant use.
 - Turn it off if you won't be using it for longer periods of time.
 - Don't bother using a screen saver on your computer, it's an energy zapper!
 - Replace your CRT monitor with an LCD monitor which saves space and uses one-third of the power.
 - If you must print, use both sides of the paper.
 - Donate old equipment and appliances like your cell phone, computer, television, etc.
 - Find a tax consultant to help maximize the benefits.
 - Clean or replace filters frequently (furnace, air conditioner, clothes dryer, dishwasher, etc).
 - Recycle as often as possible: glass, plastic, cardboard, paper, aluminum, hazardous waste like paint and batteries, mobile phones, computer equipment, tvs, radios, etc.
 - Turn off the tap/faucet when brushing your teeth.
 - Wash dishes and laundry at colder temperatures when possible.
 - Use a clothes line and drying rack to dry laundry and dishes rather than machine drying.
 - Walk, bike, share rides or use mass transit whenever possible.
 - If you have a swimming pool, use a pool cover to prevent heat loss by evaporation.
- Energy Saving
 - Get a professional evaluation.
 - Get an online current CO2 emission report.
 - Talk to your utility companies about energy saving options.
 - Research active and passive solar power, wind, geothermal and hydropower.

- Seal up any air or water leaks in and around your home.
- Consider replacing your furnace, heat pump, air conditioner and other appliances with energy-efficient models.
- Install new windows that utilize glazing, tinting and other technical characteristics to conserve energy.
- Get an insulating blanket for your water heater, especially if it's in a cold area of your home.
- Install high quality ceiling/attic insulation.
- Put in energy efficient radiant floor heating that uses electric elements or hot water pumped through coils in the floor.
- Take advantage of blinds and curtains plus trees, plants and exterior shading devices (awnings, overhangs, patio cover) to keep your house cooler in warm temperatures.
- If you have a lawn or garden, collect rainwater for maintaining a healthy green glow.
- If renovating or building, incorporate heat-absorbing, high density materials like concrete, bricks and tiles.
- When building a new home, pay attention to the orientation of the house to maximize sunlight, shading and natural air ventilation.
- Install low-flow faucet/tap aerators to conserve heat and water without water pressure loss.
- Use low-wattage or compact fluorescent light bulbs, dimmer switches and/or timers on lights.
- Protect our Environment
 - Use water-based (not oil-based alkyd) latex paint that doesn't contain VOCs (volatile organic compounds).
 - Instead of using adhesives, connect carpet fittings mechanically.
 - Make sure you're using CFC-free air conditioning.
 - Get an outdoor or indoor composter for organic kitchen waste and garden/grass cuttings.