



**ENERGIE-  
SPAR-  
OFFENSIVE  
.AT**

*OUR FUTURE  
LIES IN YOUR  
ENERGY.*

# TOP



# LIFE HACKS

***FOR SAVING ENERGY  
AND MONEY***

*HOW YOU CAN  
SAVE ENERGY  
EASILY WITHOUT  
HAVING TO  
COMPROMISE YOUR  
STANDARD OF LIVING.*

The climate and energy initiative  
of the province of Styria



Das Land  
Steiermark

# WHAT CAN YOU ACTUALLY DO AS AN INDIVIDUAL TO REDUCE YOUR CONSUMPTION OF ENERGY IN YOUR EVERYDAY LIFE?

With the following energy saving tricks we help you to reduce both your ecological footprint and your monthly fixed costs – meaning you not only go easy on your wallet, you also do something good for the environment at the same time.

**Because one thing is clear when it comes to energy: there are always savings to be made!**

Would you like to find out more about the topic of saving energy or do you have specific concerns that you would like to address?

Then download the **extended online folder** on our website **free of charge** or feel free to contact the „Ich tu`s“ energy advisers\* of the province of Styria directly at:  
[www.ich-tus.steiermark.at](http://www.ich-tus.steiermark.at)



## Life hack #1:

### **LOOK AFTER YOUR HOT WATER BOILER WELL**

In a 4-person household, approx. 2,500 to 3,200 kWh of electricity can be required per year for the production of hot water with an electric boiler.

#### **Tip: Descale your hot water boiler at regular intervals!**

(with soft water every 3 to 5 years, with hot water every 1 to 2 years.) You will thus save energy and extend the lifetime and the hygiene of the boiler.

If you want to **buy a new boiler, first find out:** How high is your actual consumption of electricity? Is the boiler sufficiently insulated? And is it the right size for your requirements?

## Life hack #2:

### **SET THE FRIDGE & FREEZER CORRECTLY**

The fridge and the freezer account for around 12 to 15% of the electricity used in the household, which is why it is important to use them correctly. The ideal temperature for a fridge is between +5 and +7°C and for freezers -18°C. Regular defrosting and the choice of a cool location for its installation also reduce the energy consumed!

#### **If you want to buy new appliances, pay attention to the following points:**

- Size (140 l net capacity for one to two-person households)
- Freezer compartment (fridges without a freezer compartment are much more economical in the electricity they use)
- Energy efficiency label (Class A to C)

### **Life hack #3:**

## **SAY BYE-BYE TO STANDBY**

In standby mode, an appliance uses electricity even though it is not even being used at the time. On average, 2.4% of the electricity bill are accounted for by the standby mode.

### **You can easily avoid the standby mode by:**

- Turning devices off correctly  
(shutting them down or pulling out the plug)
- Use switchable socket strips
- Unplug rechargers (as soon as you are no longer using them)

### **Life hack #4:**

## **FIND THE IDEAL ROOM TEMPERATURE**

With a room temperature that is just 1°C lower, you can save approx. 6% in energy!

### **An overview of the comfortable temperatures at home:**

- living rooms: 21 to 23°C
- bedrooms: 16 to 18°C
- at night or unused rooms (e.g. cellar, hallway, etc.):
- 16 to 17°C, but never turn the temperature regulator down entirely

### **Please also note:**

- Adapt your clothing to the season
- Keep doors to rooms with low heating closed

## Life hack #5:

### GET YOURSELF A HIGH- EFFICIENCY PUMP

Around 10% of total electricity costs are caused by running heating pumps. However, many pumps are set wrongly and are oversized.

**Our tip:** Replace your pump sooner rather than later. The costs of purchasing a pump pay off after 0.8 to 2.5 years. Pay attention to the energy label and the EEL (Energy Efficiency Index, for high-efficiency pumps below 0.20).

#### **Please also note:**

- Where possible, use a low power setting
- You can switch off the pump over the summer

## Life hack #6:

### ENJOY BRIGHT MOMENTS WITH LEDS

Changing over from old bulbs or halogen lamps to LEDs very quickly pays off: Thanks to their long lifetime and low volume of waste, they save energy and are efficient, climate-friendly and, what's more, versatile.

#### **Please also note:**

- Switch the light off when you leave a room
- Use automatic cut-out features or motion detectors
- Use bright colours in rooms that reflect the light
- Reduce shadows caused by curtains or blinds
- Place your lighting wisely (e.g. at your desk)

## **Life hack #7:**

# **WITH FOOD, PAY ATTENTION TO HOW YOU STORE IT AND WHAT YOU BUY**

Up to 133kg of good food per year and household lands in the bin. You can prevent this by storing food correctly and shopping in a sustainable way:

- Store vegetables such as onions, leeks and potatoes in the cellar
- Wrap bread in paper or put it in a bread box made of wood
- Tropical fruits should not be put in the fridge
- Use recyclable rather than single-use items
- Buy seasonal and regional products
- Write shopping lists for specific meals
- Drink more water from the tap
- Make use of leftovers

## **Life hack #8:**

# **MAKE YOUR KITCHEN MORE ENERGY-EFFICIENT**

Most electrical appliances are to be found in the kitchen, which is why there is also a lot of potential for savings here. Keep to these three rules of thumb:

- Less is more!
- The biggest appliances are the biggest consumption points
- New appliances save more energy than old ones

### **This is how you can reduce your consumption of energy in the kitchen:**

- Use the dishwasher in eco mode and fully load it
- Match the size of your saucepan to that of the ring on your stove
- Always use a lid when cooking
- Switch off the oven and the stove in good time – use the residual heat

## Life hack #9:

### **USE YOUR WASHING MACHINE SENSIBLY**

If you note the following tips, you can save a lot of energy when you do your laundry washing:

- Only use the washing machine when it is fully loaded
- Clean it regularly and leave the door open after the wash has finished
- Use less washing powder than indicated
- Use lower temperatures (30–40°C is sufficient for a good 75% of all washes, only towels, etc. at 60°C)
- Leave your washing to air-dry instead of using a tumble dryer

**Another tip:** In most cases, new washing machines need less than 100 kWh of electricity/year and are thus more energy-efficient than old appliances.

## Life hack #10:

### **LEARN TO VENTILATE A ROOM CORRECTLY**

Correct ventilation has to be learned! With these tips, you not only save energy, you also prevent moisture damage and the formation of mould:

- Intensive ventilation rather than tilt ventilation:  
3–4 times/day for 5 minutes
- When the weather is cold outside: ventilate little and briefly
- When the weather is hot outside: ventilate in the morning and evenings; during the day, keep windows and blinds closed
- If there is increased moisture in the air, ventilate the room well additionally.

## „Ich tu's“ energy consulting

The „Ich tu's“ service line can be reached from Monday to Friday at:

**0316/877-3955**

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