


Before you buy...

Remember if you are changing an appliance always look for the most efficient you can afford. Spending more now may save in the long run.

Energy	
Manufacturer Model	Fridge-Freezer
More efficient	
A	A
B	
C	
D	
E	
F	
Less efficient	
G	
Energy consumption kWh/year <small>(Based on standard test results for 2010)</small>	325
<small>Actual consumption will depend on how the appliance is used and where it is located</small>	
Fresh food volume l	190
Frozen food volume l	126
Noise <small>(dB(A) re 1 pW)</small>	
<small>Further information is contained in product brochures</small>	
<small>Norm EN 113 May 1999 Refrigerator Label Directive 94/CEC</small>	



When washing...

- Wash clothes only when necessary and select a low temperature if not really dirty
- Dry clothes outside instead of using a tumble dryer
- If you have a shower, use it instead of a bath. They typically use a lot less hot water.



In the kitchen....

- Only fill the kettle with as much water as you'll use
- Defrost your freezer regularly and don't leave the door open longer than you need to
- Cook with lids on saucepans. It will make things cook quicker and cause less condensation
- When boiling food, only just cover the food with water
- When cooking vegetables, cut them into smaller pieces and put more than one type into each pan
- When cooking, try to use the microwave instead of the oven, especially for small meals

In the living room....

- Always turn the Television, DVD player and satellite receiver 'off' at the set. Do not leave them on standby
- Wear warm layered clothing as an alternative to turning up the central heating



Around the house...

- If too warm, turn the heating down rather than opening the windows
- Try not to overheat your home. A 1°C decrease in room temperature can reduce your fuel bill by up to 10%
- Replace your light bulbs with energy efficient ones
- Turn off lights when not using them. Turn music and the TV off when you leave a room
- If you have a leaking tap, arrange to get it fixed. Especially if it's a hot water tap!!
- Close curtains at dusk to keep the heat in

Greening South West Workplaces

The South West Trades Union Congress, supported by the South West Regional Development Agency, is running a project using the reach of trade unions to change the way people work.

- Trade union members can champion environmental issues in the workplace
- The project is training and supporting a network of green reps across the South West
- The project is helping to find practical solutions that reps can bring to the workplace
- Green reps can be the link between staff and management to encourage change through the workforce
- Unions can reach out to new members who feel strongly about the impact on the environment
- Unions can work with employers to improve business performance and reputation



Greening the workplace makes good sense for everyone.

To get involved in greening your workplace speak to your union environmental or green representative – or contact your union or the TUC to find out more about becoming a rep yourself.

For further information contact the South West TUC.

Tel: 0117 947 0521

Email: southwest@tuc.org.uk

www.greenworkplacessouthwest.org.uk



For free, independent and local energy saving advice call the Energy Saving Trust.

Tel: 0800 512 012

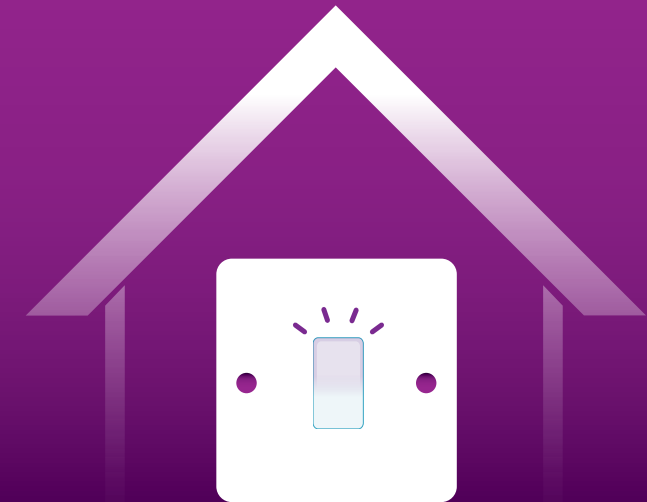
Special thanks to Severn Wye Energy Agency for the use of their information in the production of this leaflet.

www.swea.co.uk

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Low or no cost energy saving tips



GREEN UNIONS AT WORK

TUC energy awareness

