

Procedure for Saving Energy

Purpose:

To establish a procedure which will minimize the electrical costs for the consumer who you provide support to and mitigate the effects of Global Warming.

- Electricity costs have increased considerably and support workers are encouraged to assist the person who they support to be conservative in their electrical use.
- Global Warming is a dramatically urgent and serious problem. Each individual can make a difference by adopting a more responsible lifestyle; starting from little, everyday things. It's the only reasonable way to save our planet before it is too late.

Workers Responsibilities:

Workers are instructed to follow the energy recommendations below:

- **Do not leave Air-conditioners on when nobody is home.** (Air-conditioners consumer more energy than most other appliances in the home so it is not appropriate to leave them on when there is no one home. It is also important to ensure that doors and windows are closed properly when the air-conditioner is on.
- **Ensure the fridge / freezer door is always closed properly.** Not only does this save on energy costs but it will ensure that food does not perish.
- **Do not leave appliances on standby.**
Use the "on/off" function on the machine itself. A TV set that's switched on for 3 hours a day (the average time Europeans spend watching TV) and in standby mode during the remaining 21 hours uses about 40% of its energy in standby mode. This includes phone and battery chargers that are not being used.
- **Wash clothes in cold water as often as you can.** Heating water is one of the more costly methods of using electricity.
- **Defrost old fridges and freezers regularly**
Newer models of fridges and freezers, have automatic defrost cycles and are generally up to two times more energy-efficient than their predecessors.
- **Take a shower instead of a bath (where appropriate to the support needs of the individual)**
A shower takes up to four times less energy than a bath. To maximize the energy saving, avoid power showers and use low-flow showerheads, which are cheap and provide the same comfort.
- **Use less hot water**
It takes a lot of energy to heat water. You can use less hot water by installing a low flow showerhead (350 pounds of carbon dioxide saved

per year) and washing your clothes in cold or warm water (500 pounds saved per year) instead of hot.

- **Use a clothesline instead of a dryer whenever possible**
You can save 700 pounds of carbon dioxide when you air dry your clothes for 6 months out of the year.
- **Cover your pots while cooking**
Doing so can save a lot of the energy needed for preparing the dish. Even better are pressure cookers and steamers: they can save around 70%!
- **Use the washing machine or dishwasher only when they are full**
If you need to use it when it is half full, then use the half-load or economy setting. There is also no need to set the temperatures high. Nowadays detergents are so efficient that they get your clothes and dishes clean at low temperatures.