



Energy Tutorial: Energy Usage

Activity: energy usage checklist

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ENERGY USAGE CHECKLIST

Test your new energy knowledge by filling in this checklist for your own home.

Refer back to the factsheets to help you answer the questions. After filling in each section, note down any ways to save energy you can think of after what you've found out.

Don't worry if you can't fill in all the sections. See if you can get someone to help you, or research answers online.

QUESTION	Y	N	FURTHER DETAILS
SECTION 1: HEATING AND HOT WATER			
Can you identify what type of heating and hot water systems are used in your home?			
If fitted, do you know how to use:			
- Room thermostat (set to 18°C – 21°C)			
- Central heating/hot water programmer			
- Thermostatic Radiator Valves (TRVs)			
- Hot water cylinder thermostat (set to 60°C)			
- Boiler thermostat			
- Storage heater controls			
If you have an electric immersion heater:			
- Does it have a timer			
- is it on economy 7 or other off peak tariff			

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SECTION 2: LIGHTING AND APPLIANCES

Can you identify the key energy consuming appliances in your home?		
Are low energy light bulbs used throughout the entire house?		
Can you find EU energy efficiency labels on relevant appliances?		

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SECTION 3: READING METERS AND UNDERSTANDING FUEL BILLS

Do you have a way of monitoring energy use in your home?		
Do you understand the latest energy bill for your home?		
Does your house have an electricity meter and can you read it?		
Does your house have a gas meter and can you read it?		

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SECTION 4: TARIFFS, FUEL PAYMENT METHODS AND SWITCHING SUPPLIERS

Can you identify the current fuel payment method for your energy bills?			
Can you identify the current energy tariff that you're on? (e.g. is it a green tariff?)			
Could you save money by switching energy supplier? Use an impartial comparison website to find out.			

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OTHER RECOMMENDATIONS