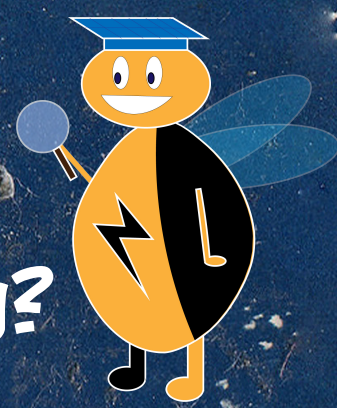


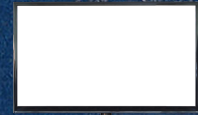
# Energy Saving Action checklist

Have you got the  
cutting carbon bug?



## Appliances

1. Turned off non-essential appliances when leaving the room  
(e.g.TVs, monitors, computers)



2. Boiled the kettle for the amount of cups only  
Try a flask to last all day



3. Used ECO mode on appliances e.g. dishwashers, laptops



4. Used quick wash for laundry

5. When cooking- kept lids on pans to contain the heat

## Lighting

6. Switched lightbulbs to energy saving LEDs



7. Turned off lights when leaving the room

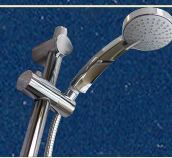
## Heating

8. Scheduled set hot water flow times on your boiler  
programming controls (if you can)



9. Is everyone warm enough? Turned down one degree on your thermostat

10. Installed water saving measures to your taps and showers to  
reduce hot water usage



11. Switched all unused rooms radiators to low or frost mode



12. Put radiator reflectors behind all radiators on external walls

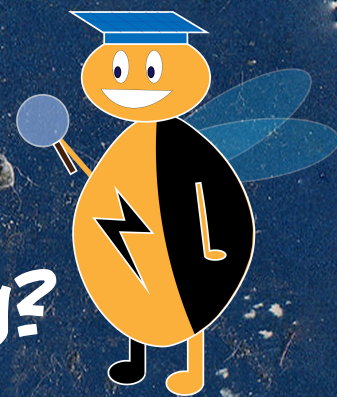
13. **Insulation**- install or have wall and loft insulation

14. **Draughts**- checked and block draughts (e.g. in external walls,  
loft, windows and doors)

Turn over to enter a prize draw for £50 giftcard!

# Enter to win!

Have you got the cutting carbon bug?



Pledge to one or more of the energy-saving actions at home, provide feedback and you will be entered into a prize draw to win one of four £50 B&Q giftcards!



Enter by scanning this code

[www.chelmsford.gov.uk/apply-energy-saving-prize-draw/](http://www.chelmsford.gov.uk/apply-energy-saving-prize-draw/)

Last entry midnight January 5th 2025!

## More energy saving actions...

See more tips and information on energy saving and to view prize draw terms and conditions visit



[www.loveyourchelmsford.co.uk/green-living/cutting-carbon-at-home/](http://www.loveyourchelmsford.co.uk/green-living/cutting-carbon-at-home/)