

SAVING YOU FROM GETTING YOUR



ELECTRICITY, WATER OR
GAS CUT OFF IS WHERE
WE'RE PUTTING
ALL OUR ENERGY

WE'LL HELP YOU TO SAVE ENERGY

You can reduce your energy
consumption with a few small changes.

1 HOW CAN YOU SAVE ENERGY AT HOME?



- ✓ Only switch on your lights when don't have enough natural light and check you don't leave any lights on in any empty rooms.
- ✓ Use sunshine and wind for drying your clothes. Only use your drier when strictly necessary, as it consumes a lot of energy.
- ✓ Irons consume quite a lot of energy, so it's important you don't leave them on for longer than you need.
- ✓ Replace your conventional light bulbs with LEDs and you'll be able to save as much as 70% of the energy consumed by your lighting.
- ✓ Energy consumption can continue even when your appliance is switched off. It's called standby consumption. Installing a measuring device for detecting standby energy consumption will help you to find out and correct any switched-off appliances that are still consuming energy.
- ✓ Eliminating standby consumption, above all at night and when you are at home, will help you to save 3% of your energy consumption.

YOU ALSO CONSUME ENERGY WHEN YOU TRAVEL...

Walk, cycle or use public transport whenever you can. If you need to use a private vehicle, you can try and share it and consider the option of buying an electric vehicle: you'll save money and reduce emissions.

2 HOW CAN YOU SAVE ENERGY IN THE KITCHEN?



- ✓ When you use your washing machine or dishwasher, use the eco or cold-wash programme and keep their use to a minimum by operating them on full load.
- ✓ The ideal fridge and freezer temperatures are around 5°C and - 18°C respectively. Reducing temperatures to below these figures is an unnecessary waste of energy.
- ✓ Keep your fridge at least 5 cm away from the wall, keep its back part clean to enable ventilation and make sure its gaskets close correctly to prevent any leaks. Think about what you want to take out before you open it. The more outside air that enters, the more energy the motor will have to consume to keep the fridge cold.
- ✓ Carry out periodic checks to eliminate any accumulated ice in the freezer. Remember that if half a finger of ice forms in the fridge, it will be consuming twice as much energy.
- ✓ Use your oven for cooking and not for defrosting or warming up food. Defrost food inside the fridge whenever you can and make the most of the residual accumulated heat in the oven by switching it off ten minutes before your meal finishes cooking.
- ✓ Buy very efficient electric appliances: you can save up to 40% on electricity consumption compared to other conventional appliances, especially when they operate for many hours or consume a lot, for example, the fridge and dishwasher.
- ✓ Make it a priority to buy gas hobs instead of glass ceramic ones, as they are more efficient.



Ajuntament de
Barcelona

3 HOW CAN YOU SAVE ENERGY ON AIR-CONDITIONING?



- ✓ **Ventilate your home once a day and always with your air-conditioning systems switched off.** It's best to do this first thing in the morning in the summer, when the air is fresher.
- ✓ **Check your building's locks** (doors and windows) to prevent air leaks. Installing draft-excluders in doors and windows will help to reduce the amount of unconditioned air coming in from outside. This is an important measure in extreme climate periods (summer and winter).
- ✓ **Shutters and awnings are very useful** for insulating your home from direct sunlight and heat.
- ✓ **Close your windows** when your air-conditioning is on, whether it's winter or summer.
- ✓ **Double-glazed and air-chamber windows** allow greater comfort with lower energy costs.
- ✓ Instead of turning your heating on or up, try wearing a jumper to keep the cold at bay.
- ✓ **Keep your radiators uncovered** so you can make full use of the heat they emit.
- ✓ If you have an air-conditioner, set it to a **room temperature of 21°C in the winter and 26°C in the summer.** This will enable you to optimise your air-conditioner's energy consumption and reduce any unnecessary energy waste.

Energy efficiency and savings are key to promoting the change of energy model in Barcelona. To achieve this change, the first thing we have to do is reduce our energy consumption by applying energy-saving measures and using our resources rationally.

You have a vital role in **reducing energy consumption** and ensuring, between us all, that we can enjoy a **more efficient** city that guarantees a sustainable, people and environmentally friendly future.



ENERGY ADVICE POINT

Public service opening hours*:
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Monday, Tuesday, Wednesday and Friday,
from **9 am to 2 pm**.

Thursday, from **9 am to 2 pm**
and from **3 pm to 7 pm**.

(*) **PAE Les Corts:** Tuesday, from 9 am to 2 pm / Thursday, from 9 am to 2 pm and from 3 pm to 7 pm.

PAE la Marina: Monday, Wednesday and Friday, from 9 am to 2 pm.

FURTHER INFORMATION
www.habitatge.barcelona/dretsenergetics

Or by calling

010 Information
Barcelona
Free call