

# Avoid the chills with cheaper bills

You may be spending more than you need  
on gas and electricity.

**Switch & Save · it's easier than you might think.**

**Call Our Power on 0808 1684534**

**Find out more about support available to help  
you save money and stay warm by visiting**

**[www.fifedirect.org.uk/homeenergy](http://www.fifedirect.org.uk/homeenergy)**

**or call Cosy Kingdom on 01592 858458**

**or Text COSY then YOUR NAME to 88440**

**Fife**  
C O U N T Y C O U N C I L

**OurPower** 

**COSY KINGDOM**



# Top tips for keeping bills down

## Keeping Warm

- Aim for 21°C (70°F) in your main living area (23°C if vulnerable) and 18°C (65°F) elsewhere
- Covering radiators, vents or heaters can restrict the heat and is dangerous
- Regular servicing and cleaning helps keep a heating system efficient
- Use your heating controls
- Switch your heating off in summer
- Wearing a number of layers of thin clothing will keep you warmer than one thick layer
- Don't use an oven to heat the kitchen
- Insulate - Up to 33% of heat can be lost through un-insulated walls, up to 25% can be lost through an un-insulated roof/loft, and up to 20% can be lost through ventilation and draughts

## Running Water

- Showers use only two-fifths of the hot water needed for a bath
- Overfilling a bath can waste hot water

## Lighting

- Use energy efficient bulbs
- If leaving a room for more than 10 mins, turn the lights off

## Equipment

- Buy efficient - most electrical appliances on sale now display how energy efficient they are
- Equipment left on stand by is still using electricity - switch them off at the plug
- A fridge/freezer sited next to a heat source will have to work harder to keep cool