



Energy Buster Checklist

- Turn off light switches when you are last to leave a room at home and at school.
- Many appliances still use energy when they are turned off but still plugged in. Remind your family to unplug laptop and phone chargers and turn off the standby (red) light on the T.V. or home computer, Xbox, Play stations and other electronic devices in your home.
- Talk to your parents about what type of lightbulbs you use in your home and whether you can change to energy saving light bulbs.
- Talk to them about where your electricity comes from and whether it is a green energy supplier. They can check out this from a comparison website like Switcher.ie
- Wear an extra layer of clothes in winter at home instead of turning up the heat - it uses a lot less energy to heat your home and makes a huge difference!
- Try not to leave the fridge door open while you decide what to eat- warm air rushes in and the fridge uses a lot of extra energy to cool down again afterwards.
- Talk to your parents about the energy your home uses and ways you might help reduce it like - installing a smart meter, improving the insulation or solar panels to create your own energy from the sun to heat your water. This is not always easy for parents to do, however.
- Help hang out the washing to dry outside and cut down on using the energy sucking dryer.