Helpful Ways to Save Energy

Most of us can find simple ways to reduce our energy costs at home which don't have a great impact on our lifestyle.

Heating and cooling comprise around 40% of a household's energy consumption[2]. Home appliances and equipment including refrigerators, televisions, office equipment, kitchen and laundry appliances, use an average of 25% of total household energy.[2]

Gas water heating generally costs a household between $454 to $508[3] annually. Natural gas can also be used for space heating, and this will cost around $363[3] for a single heater, depending on its size. The typical annual cost of cooking with natural gas is $123[4].

See below for some estimates[1] on how much your everyday electrical appliances can cost you annually to run:

Appliance Type	Estimated Annual Running Cost
Air-conditioning Single split-system 5kW unit, run on both heating and cooling	$98.20 – $142.96
Air-conditioning Reverse cycle ducted system (up to 15.5kW system, used for both heating and cooling)	$579.54 – $1619.99
Washing machine Front loader washing machine with dual connection water, based on 7 uses per week	$58.85 – $250.17
Dishwasher Freestanding dishwasher, based on 7 uses per week	$40.66 – $138.02
Refrigerator Fridge/Freezer side-by-side model	$190.09 – $313.34
Television LCD TV, based on 10 hours use per day	$29.03 - $640.93

(*Source: energyrating.gov.au)*

Reducing your energy use not only lowers your energy bill, but also decreases greenhouse gas emissions. Your energy costs can be reduced by implementing some simple steps at home.

Quick Tips

- Turning off lights when leaving the room
- Switching off appliances at the power source when not in use
- Running your washing machine on a cold wash setting only
- Running the dishwasher only when full
- Not setting the thermostat too high for either water or space heating (follow manufacturer's instructions)
- Consider using fans in hot weather, rather than air-conditioning
- Ensuring your air-conditioning system is serviced and filters cleaned regularly
- Opening blinds during the day in winter to allow the sun to enter through the windows, warming the walls, floors and furniture
- Taking shorter showers
- Adding extra layers to your clothing and bedding
- Keeping doors closed to any rooms you are not using

Long-Term Energy Saving Measures

- Refrigerators can cost up to $313[1] a year to operate, so if you own multiple units, it may be worthwhile reducing the number of refrigerators in your home
- Adding soft furnishings such as rugs, carpets and thicker blinds/curtains to trap warmth
- Upgrading to thicker blinds to assist with keeping the house cool in summer
- Upgrading to more energy efficient appliances
- Replace damaged seals on ovens and fridges to ensure that the doors are sealing effectively
- Consider installing a solar hot water system, with a gas back up operation to harness solar energy
- Engage a professional to review and potentially upgrade the insulation and window glazing in your home

Further Information

www.yourhome.gov.au – Australian Government Guide to Environmentally Sustainable Homes

www.energyrating.gov.au – For further information on the Australian Equipment Energy Efficiency program and selecting energy efficient appliances

[1]Please note that any costs listed above are estimates only, and actual costs may vary. It is recommended that you do your own calculations based on your household's specific usage patterns and appliances. Other factors that can affect your running costs include the make, model and efficiency rating of the appliance, appliance settings, frequency of use and how it is operated. Estimated costs have been obtained from information available at energyrating.gov.au.

[2] Information obtained from www.yourhome.gov.au

[3] The typical natural gas consumption running costs for water heaters and space heaters are based on data from the 2021 Residential Baseline Study for Australia and New Zealand for 2000 to 2040

[4]The typical natural gas consumption running cost for cooking is based on data from Renew's 2021 Affordable Energy Choices for WA households report.