

# Summer Energy Saving Tips

## Residential Tips:

- When home, set your thermostat to 78 degrees during the summer, 68 degrees during the winter. If you are elderly, frail, or sensitive to extreme heat, lower your thermostat to a cool and comfortable level to avoid a heat-related illness.
- Avoid using large appliances such as your air conditioner, pool pump, washing machine, electric dryer and dishwasher during peak times.
  - Peak winter hours: 5-9 a.m. and 4-8 p.m.
  - Peak summer hours: Noon-6 p.m.
- Keep shades over south-facing windows closed during the day in order to prevent heat from entering the house.
- Replace incandescent light bulbs with compact fluorescent light bulbs (CFLs).
- Utilize natural daylight as much as possible by opening shades/blinds to allow sunlight to enter the room.
- Limit decorative lighting.
- Use cold water whenever possible to cut back on the cost of energy it takes to heat up water.
- Take short showers instead of baths and use low-flow showerheads for additional energy savings.
- Turn off all unnecessary lights, electronics and equipment.
- Unplug electronics, battery chargers and other equipment when not in use.
- Replace air conditioning by using fans, putting weather stripping on windows and doors and closing shades during the day.
- Wash clothes in cold water and run your laundry and dishwasher only when fully loaded.
- Air dry dishes instead of using your dishwasher's drying cycle.
- Upgrade Appliances- Appliances use 20 percent of the energy of the average US home. When it's time to buy new appliances, look for the most efficient Energy Star model you can find.

## Business Tips:

- Turn off any unnecessary electrical loads, such as unneeded lighting, televisions, computers, printers, monitors, space heaters or cooking devices.
- Shut down printers, computers, monitors, TVs, copiers and lights when departing the work area.
- Shut window blinds or drapes to limit heating from sunlight entering the office during energy alerts.

- Monitor lights and computers in buildings after business hours and ensure all unneeded lighting is turned off. Departments that leave computers and monitors on after hours will be reminded to turn off all devices at the end of the work day.
- Plug all radios, cell phone and MP3 charges, fans and other personal electronics into a power strip that can be turned off when not in use.
- Dress comfortable for the weather. Adjust your layers of clothing before adjusting the thermostat.