



ENERGY SAVING MEASURES THAT EVERYONE CAN DO AT NO COST

1. Close blinds at night and during the day at windows that do not receive direct sunlight.
2. Open blinds during the day at windows that receive direct sunlight.
3. Only run the washer and dryer with a full load. Wash laundry with cold water only.
4. Turn single lever faucets all the way to the cold side when drawing cold water. When the lever is not fully to the cold side, cold water is introduced into the water heater every time the faucet is turned on and over the day lots of cold water will be heated but never used.
5. When shaving do not fill the bowl with warm water. Rinse the razor with short bursts from the faucet.
6. Clean the lint catcher in the dryer every time the dryer is used.
7. Plan meals that can be quickly cooked on the top of the stove. Avoid using the oven and avoid dishes that require a long time to bake or cook.
8. Close the registers or turn down thermostats in unused rooms.
9. Put a rolled up towel on the floor in front of doors to the outside or to unused rooms to stop drafts from coming under the doors.
10. Take "European Showers" where you turn on the shower, wet down and turn the shower off. Lather up and then turn the shower on again to rinse off.
11. Only run the dishwasher when it has a full load. Use the cycle on the dishwasher where the dishes air dry.
12. Run the range hood and bathroom fan only when needed. Most of these fans vent inside (conditioned) air to the outside drawing outside air into the unit.

13. Make sure storm doors close tightly.
14. Make sure windows are locked. When they are locked there is a tighter seal between the members of the window unit.
15. Turn off lights when leaving the room.
16. Replace burned out bulbs with compact fluorescent bulbs. They cost more than regular bulbs initially, but last much longer and are cheaper in the long run. They also use much less electricity. In the meantime, before the incandescent bulbs burn out, dust the bulbs and the lenses of the fixtures to get more light out of the existing fixtures.
17. Use task lighting instead of turning on all of the light fixtures in a room. Watch TV with most of the lights in the room turned off.
18. Enter buildings through a vestibule entrance instead of one that opens directly to the outside.
19. In winter wear sweaters and shoes or slippers around the house and turn the thermostat down to the lowest comfortable temperature. In the summer dress lightly and set the thermostat at the highest comfortable temperature. Run the Air Conditioner only on extremely hot days. The Federal Government recommends thermostats be set at a maximum of 68° in winter and minimum of 78° in summer.
20. Do not use supplemental heating appliances. They usually are less efficient than the normal heating system in your apartment. They may overheat a small portion of the apartment while doing nothing for other areas needing heat. They can also circumvent the proper operation of the thermostat keeping heat from getting to other areas of the apartment that may need it.