

# What's Watt?



We measure how much energy you've used in kilowatt hours (kWh). When you use 1000 watts of energy for 1 hour, that's a kilowatt-hour. To make life easier, we've worked out the kWh measurements for some everyday examples so you can see how much energy you're using.



9 kettle uses



1-2 washing cycles

27 minutes ironing



A  
kilowatt  
hour gives  
you...

4 hours watching TV



80 minutes using a microwave



24 hours gaming

... so, choose your appliances carefully.  
Some appliances use more energy in an hour than others.  
The more energy they use, the more they cost to run.

# Let's save together



Saving energy isn't just about helping you to save electricity, it's also a great way to save money.

We all know we could do more around the home to save energy, but where to start?

## Cut down



Use Eco and Energy Saving programs on dishwashers, washing machines and dryers.

## Turn down



Turning your thermostat down by 1°C can save you as much as £60 per year.

## Shut down



Appliances on standby are still using energy.



Install a flow reducer to reduce your water consumption during showers.



Keep your fridge temperature between 0 and 5 degrees.



Your charger is still using energy until you switch it off at the wall.



Turn off the lights when you leave a room.



90% of your washing machine's energy is used heating the water. Wash your clothes at 30°C



Switch off radiators in the rooms you're not using regularly.

For more information visit [www.e.org](http://www.e.org)