



TANNER ELECTRIC

ENERGY CHECKLIST

First, think about how you use electricity to heat or cool (biggest users), and then look at electronics and lighting. You may discover that some of these changes are just smart things to do, regardless of our current energy situation.

- Turn down your thermostat to 60-65 degrees.
- Turn off portable electric heaters.
- Turn off heat in rooms you hardly use – at the breaker, if needed.
- Turn off the hot tub, unless needed for physical therapy
- Make sure your water heater is set no higher than 120 degrees.
- Use low-flow shower heads and faucet aerators.
- Take five-minute showers.
- Use cold water for your laundry.
- Spin your heavy laundry a second time to reduce dryer time.
- Air dry items that aren't quite dry.
- Use the energy-saving cycle on your dishwasher and only wash full loads.
- Use the oven sparingly.
- Baking is spendy now. If using the oven, cook more than one item while the oven is hot.
- When using the stove top, cut the heat a few minutes before cooking is finished.
- The burner will stay hot enough. Use the microwave for anything you can!
- Avoid opening your refrigerator/freezer doors more than is absolutely necessary.
- Retire the old spare refrigerator or freezer.
- Units older than 1990 are more costly to operate. Extra cold beverage stock is now a luxury item.
- Turn everything electronic off, and then turn it off at the surge suppressor or UPS.
- Watch less TV – especially the big screens.
- Enjoy books, friends, catch up on those little projects, etc...
- Set the energy-saving features for your computer and peripherals.
- Turn off your computer, printer etc., including at the office. Set for sleep mode after five minutes of non-use.
- Unplug all the items you haven't used in the last week.
- Turn off the lights in areas where you aren't.
- Use task lighting rather than overhead lighting.
- Install compact fluorescent lights (CFL's) in the most heavily used light fixtures.