



Home Occupant Report

Dear sara,

Congratulations on completing your home energy assessment. This is an important step towards improving the energy efficiency of your home.

Taking action on some or all of the recommendations in this report will improve your comfort, save you money and help protect the environment.

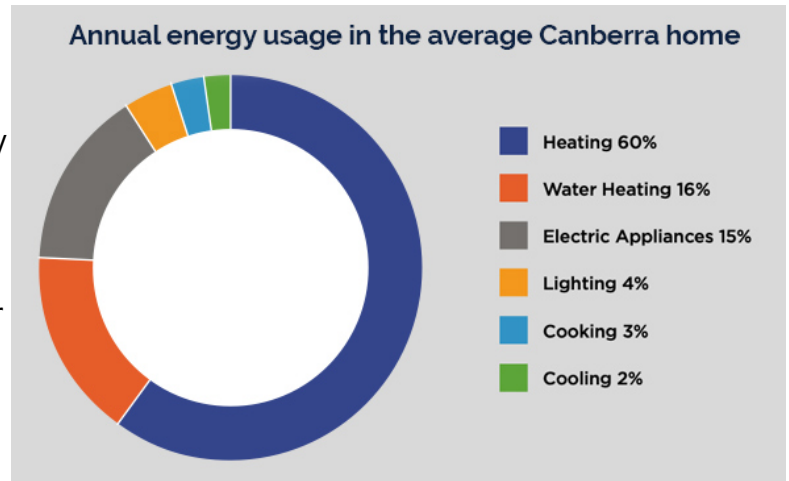
This report focuses on actions your household can take. At the end is a link to a second report focused on actions the owner could take.

Your energy usage is likely to be similar to the graph on the right. You are likely to achieve the most savings by reducing heat loss during winter and using heaters efficiently.

When you've read your recommendations, check out the links and resources at the end of this report and at www.climatechoices.act.gov.au.

If you live in the ACT, you can get free expert advice on saving energy in your home including additional support implementing these recommendations or checking your bills, by calling the ACT Sustainable Home Advice line on 1300 141 777 or emailing SustainableHomeAdviceProgram@act.gov.au.

If you found your home energy assessment and report useful please let your friends, family and networks know.

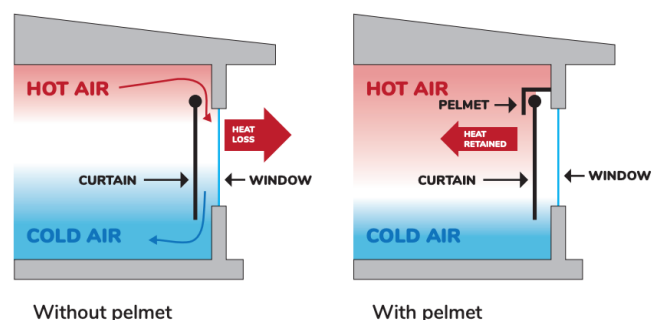


The size of the area you are heating, the number of hours heaters are on, and the temperature setting all have a big impact on your bills. In summer a comfortable and cost-effective range to set the thermostat is 25-27°C, and in winter it is 18-20°C

Windows and draughts

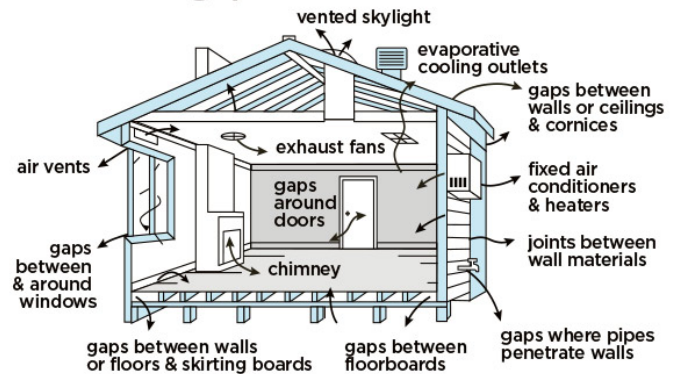
Your recommendations

- Draughts waste a lot of energy. Stopping them is the most cost-effective action you can take to make your home more comfortable and can reduce heat loss in winter by up to 25%.



- By covering your windows effectively you can reduce your home's heat loss in winter and gain in summer by up to 20%. Hang blackout curtains and attach pelmets to stop cold air moving from your windows into your rooms in winter and to stop heat entering in summer. You can buy curtain rods that stay up with springs and don't need to be attached to the wall, so you can take them with you. You can make your own temporary pelmets from cardboard - online videos can show you how.

Find & fix gaps



- On sunny days in winter, open blinds and curtains on northern, western and eastern windows. The sun shining through your windows will heat your home significantly.
- A lot of heat is transferred through single glazed windows so it's very important to cover your windows effectively. Do-it-yourself secondary glazing – using bubble wrap or clear plastic films – is a temporary and cost-effective way to insulate any windows that don't have insulating blinds or blackout curtains and pelmets.
- Since there are some draughts around your windows, it's important to block those draughts, for example with gap-filler rod or tape. If necessary, filler rod and tape can later be removed carefully without damaging surfaces.
- Stopping the draughts beneath and around your draughty doors, for example with door snakes and tape, will save energy and is very easy to do.
- The draughty floors in your home will be wasting energy. Block gaps along skirting boards with gap-filler rod. Use gap-filling materials, rugs or floor coverings to stop draughts through your floors as much as possible.
- Attach pelmets above your curtains to stop cold air moving from your windows into your rooms in winter and to stop heat entering in summer. You can make your own temporary pelmets from cardboard - online videos can show you how.
- Close curtains and blinds on all windows at night in winter, to slow down heat loss through the windows.

You can find more detailed information about draught-proofing, window insulation and window coverings in the links at the end of this report.

Heating

Your heating recommendations

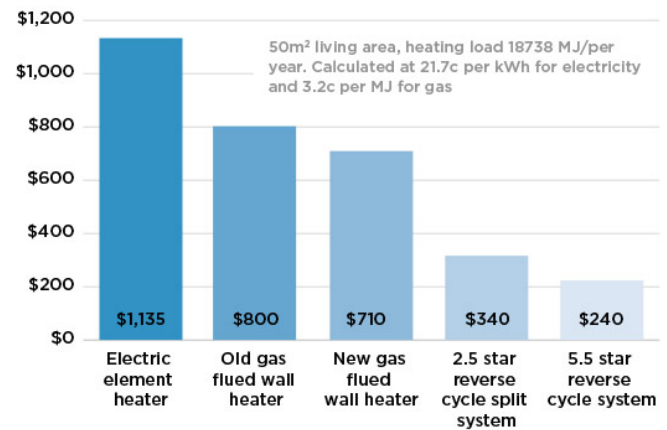
- Try to only heat your space to between 18 and 20 degrees Celsius. This is a comfortable

and cost-effective temperature range. Every degree higher can add 10% to your energy costs.

- Personal heated throw blankets cost only about 3 cents per hour to run and can keep you very warm, even in a cold room
- Keep windows and doors closed when your heater is on to avoid wasting energy. If you have a window that is always partly open, for example in a bathroom, block it off with cardboard, towels or another covering.
- Air conditioning units should be serviced annually. If contacting the property owner or manager to request this, you could note that this extends the life of the unit, saving money in the long term.
- Regularly check and clean the dust from your air conditioning vents and filters to ensure your system is running as efficiently and safely as possible. This can reduce running costs by 5-15%.

There is more information about heating your home in the links at the end of the report.

Approximate annual cost to heat a large living area in Canberra



Cooling

Your cooling recommendations

- Keep your home cooler in summer by opening your windows, doors and curtains when it cools down at night, then closing them in the morning as soon as it starts to get warm outside.
- Regularly check and clean the dust from your air conditioning vents and filters to ensure your system is running as efficiently and safely as possible. This can reduce running costs by 5-15%.
- Keep all windows and doors closed when your air conditioner is operating to avoid wasting energy.
- If the space you need to cool can't be closed off with doors, try zoning it off with curtains. (You can buy curtain rods that stay up with springs and don't need to be attached to the wall.)
- Air conditioning units should be serviced annually. If contacting the property owner or manager to request this, you could note that this extends the life of the unit, saving money in the long term.



Fans are an extremely cost-effective way to keep cool in summer - they cost only 1 to 2 cents per hour to run.

Appliances

Your appliances recommendations

- You can find out how much each of your appliances is costing you by getting a plug-in power meter (see photo). It will show how much power the appliance has used since it was plugged into the meter and will calculate the cost. You can buy power meters at hardware stores or online.
- When the time comes to buy a new appliance, check the energy star rating labels (see <https://www.energyrating.gov.au/>). More stars mean greater energy efficiency. Choosing a more energy-efficient appliance will reduce energy consumption and help lower energy bills.
- Use the eco setting if your machine has one.
- Avoid pre-rinsing dishes, and use cold water if you have to pre-rinse.
- Wash with cold water as much as possible. A hot wash can use up to 10 times as much energy as a cold wash.
- Only use the washing machine when you have a full load.
- Use the eco setting if your washing machine has one.
- Use the free energy of the sun and wind to dry your clothes. Canberra is generally dry and sunny so washing dries quickly outdoors, even in winter.
- On wet days, use a clothes rack indoors rather than a dryer as far as possible.
- Try to use your drier only in emergencies.
- Tumble dry on cool not hot as much as possible.
- A new, efficient dryer could save you considerably on running costs. It is now possible to buy heat pump dryers with 10 star energy rating.
- Check that your fridge and freezer are not unnecessarily cold. Fridges should be between 3°C and 5°C, and freezers between -15°C and -18°C.



A plug-in power meter

Hot Water

Your recommendations

Up to 70% of your hot water is used in the shower.

- Insulate all pipes going into and out of your hot water unit with foam tubing, known as lagging, to prevent heat loss, especially the two metres closest to your water heater.
- The hot water storage tank thermostat should be set at 60 degrees by an electrician. Running costs will be higher if the temperature is set any higher. (To prevent the growth of Legionella bacteria in the tank, the thermostat should never be set lower than 60 degrees).
- To check whether you have an efficient showerhead, put a standard (9 litre) bucket in the shower, turn all other taps in the house and garden off, turn the cold tap in the shower on full, and time how long it takes for the bucket to fill. If the bucket takes less than 1 minute to fill, your showerhead is not efficient.
- Aim to keep showers to 4 minutes or less. Use a shower timer or listen to a favourite song, to time your shower. Every minute you cut from your shower time will save about 20 litres of hot water if you have a conventional showerhead, which will also reduce your energy bills.
- A 3 star showerhead will halve the amount of hot water and energy used per minute. Note: in the ACT a licensed plumber is needed to install a new showerhead. This requires permission from the property owner.
- Baths typically use about double the water and energy of a shower. You can reduce your costs by showering instead, or by taking fewer and/or shallower baths.



Pipe insulation (often called lagging) is low cost and readily available from most hardware outlets. Insulate the first 2m of exposed pipes from your hot water unit, especially those carrying hot water.

Lighting

Your lighting recommendations

- LED lights use 20% of the power of halogen lights and last five times as long.
- Turn off lights when not needed

Insulation

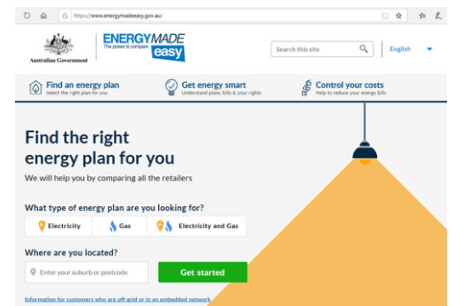
Your insulation recommendations

- Most heat enters and exits through the ceiling. If your home does not have adequate ceiling insulation, consider providing the property owner report to your property manager or owner (see link below). It has more detailed recommendations about insulation.

Energy Bills

Your recommendations

- Call your retailer and ask whether you are on the lowest cost plan for your energy use – some households are better off with a tariff based on the time of day, while others benefit more from a flat rate.
- While all electricity in the ACT is from renewable sources, purchasing Green Power from your retailer is a way you can encourage more investment in renewable energy in Australia.
<https://www.greenpower.gov.au>
- For more tips see:
<https://www.energymadeeasy.gov.au/article/get-energy-smart/>
- Based on your responses you are on a typical electricity plan at present. To keep your costs down, it's a good idea to call your retailer annually to ask whether you are on the lowest cost plan for your energy use.



The Energy Made Easy website compares all the plans available from all the energy retailers in your area. It can help you find the retailer and plan that best suits your electricity and/or gas use, which can save you a lot of money.
<https://www.energymadeeasy.gov.au/>

Electricity Usage

- Your daily electricity usage in summer (60kWh) is **4.2 times** the average (14.4kWh) for a household of your size.
- Your daily electricity usage in winter (64kWh) is **2.8 times** the average (23kWh) for a household of your size.

Property Owner Report

The owner's report focuses on fixed appliances, insulation and actions the owner can take. If you are renting, you may like to send it to the property manager or owner.

[View the Property Owner Report](#)

Links & Resources

- Energy in the ACT <https://www.climatechoices.act.gov.au/energy>
- Heating your home
<https://www.climatechoices.act.gov.au/energy/energy-efficiency/heating-for-your-home>
- Staying warm on less energy
<https://act-hea.com.au/wp-content/uploads/2021/01/Actsmart-Staying-warm-on-less-ACCESS.pdf>
- Actsmart Energy Saving Guide (a detailed guide and action plan template)
<https://act-hea.com.au/wp-content/uploads/2021/01/ACTSmart-ESG-12-20.pdf>
- Draught-proofing DIY videos
<https://www.climatechoices.act.gov.au/policy-programs/sustainable-home-advice-program> and
<https://www.greenityyourself.com.au/category/topics/draught-proofing>
- Make the Switch from gas appliances to an efficient all-electric home <https://maketheswitch.org.au>

- Better Renting Energy Efficiency Guide for People Who Rent
https://www.betterrenting.org.au/energy_efficiency_renting
 - Renters Guide to Sustainable Living
<https://renew.org.au/publications/renters-guide-to-sustainable-living/>
 - Energy rating website <https://www.energyrating.gov.au/>
 - The renting book <https://act-hea.com.au/wp-content/uploads/2021/01/The-Renting-Book.pdf>
 - My Efficient Electric Home Facebook group
<https://www.facebook.com/groups/MyEfficientElectricHome>
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Everyday
**climate
choices**



For further information about your recommendations and how to implement them please contact:

For further information about ACT energy efficiency programs and technical advice, call the ACT Sustainable Home Advice line on 1300 141 777, email sustainablehomeadviceprogram@act.gov.au, or visit www.climatechoices.act.gov.au.

[Any Questions or Feedback? Please use this form.](#)