



Simple Methods to Save Energy and Water



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Purpose of the handbook

The Abu Dhabi Department of Energy (DoE) is delighted to present you with various tips and actions you can take to save energy and water at home. To live efficiently and sustainably means to use less resources to do the same jobs. Being environmentally aware and living sustainably is a habit; once formed, it comes naturally. We are here to help you embrace better habits that can cut back energy and water use at home, reduce carbon emissions, and save money in the process.



Save Electricity at Home

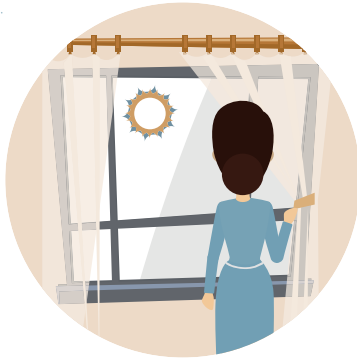
Small, everyday actions and habits at home can reduce energy consumption. They don't take much effort; indeed, they often make your work easier and they can add up to significant energy and money savings. Your effort to save energy for the benefit of your employer and the UAE will, no doubt, be appreciated by your employer.



Around the House



Lighting represents 10 -20% of the total electricity consumption in a household

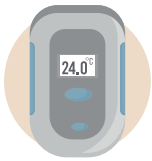


Use natural light whenever possible



Turn off lights in unoccupied rooms

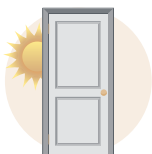
Every degree of extra cooling increases usage by up to 8%



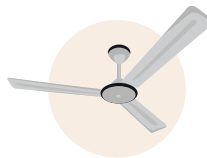
Set the thermostat at 24 °C



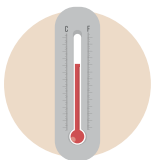
Close blinds, shades, and drapes on the sunny side of your home to help keep your home's temperature cooler



Ensure exterior doors and windows are closed tightly during hot summer months



Use ceiling fans and portable fans to circulate the cool air from the AC

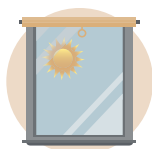


Set the thermostat higher when the house is empty



Regularly check AC filters and ask your employer to clean them when required. Dirty filters affect the performance of the AC

During cooler months:



Open shades to let the sun warm the home



Don't leave windows open when heating the room



Try not to run large appliances such as dishwashers, washing machines and tumble dryers between 2 pm – 8 pm

TVs, home theatres, consoles, and other electronics in standby mode still use power



Don't leave the TV on all the time

Plug home electronics, such as TVs and DVD players, into power strips; turn the power strips off when the equipment is not in use e.g. at night



In the Kitchen



When cooking



Don't unnecessarily peek in the oven while baking! Every time you peek, the temperature can drop 25 °C, making your oven use more energy to bring the temperature back up.



Always let food cool before placing it in your fridge or freezer



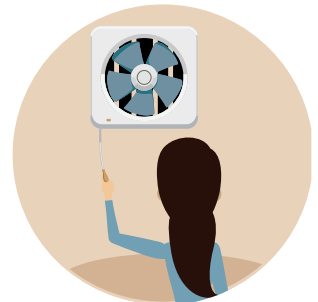
Turn off the oven or burners a few minutes before cooking time runs out. The trapped heat will continue to cook your food and you will save the extra electricity!



Match your pot size to the burner on your stove. Heat is lost when small pots are used on large burners.



Use tight-fitting covers on pots and pans when cooking on the stove to shorten your cooking time and save energy.



Turn off exhaust fans after use



Use the kettle to boil water for cooking, instead of heating a pan on the stove. Not only will this be more efficient, but it generally takes less time too



Don't fill your kettle up every time, only boil the amount of water you need at the temperature required

Appliances



Don't keep your refrigerator or freezer too cold. Recommended temperature is 4 °C for refrigerators and - 18 °C for freezers



Fully load the dishwasher before use and select an economic wash cycle



Make sure the refrigerator door is closed properly and avoid opening it unnecessarily



Frost build up decreases the energy efficiency of your fridge and freezer. Regularly defrost them



Keep the area behind the refrigerator clean and leave good space for air circulation

In the Laundry Room



Most of the cost of operating washing machines is for heating the water. Setting the washing machine to 30 °C will save you up to 40% electricity compared to higher temperatures



When buying detergent, make sure it is formulated to dissolve in cold water



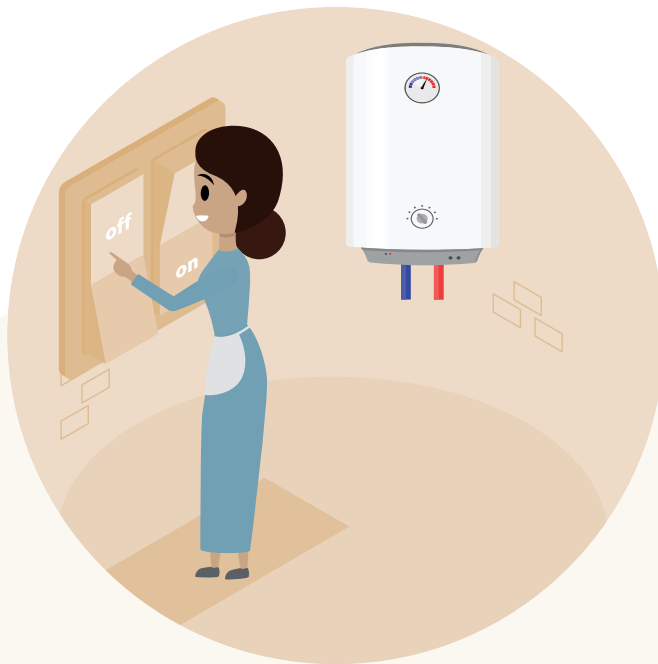
Fully load the washing machine before use and select an economic wash cycle



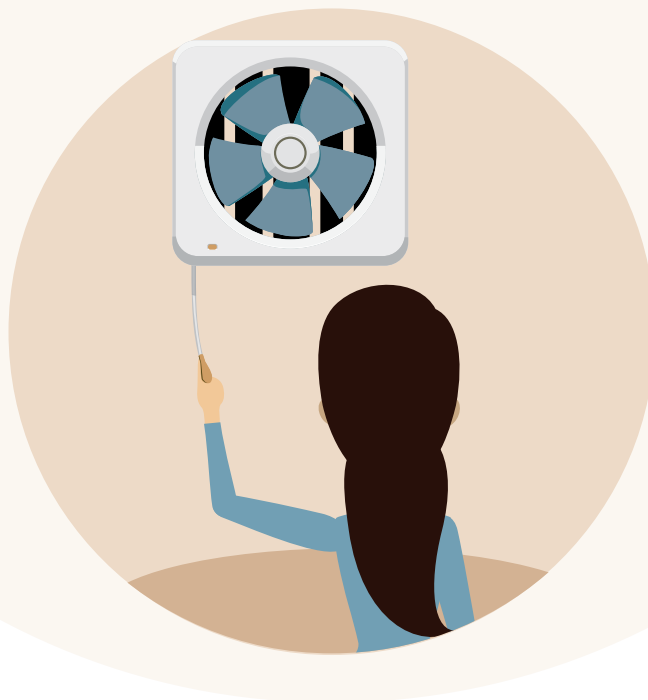
Air-dry your laundry rather than using the tumble dryer when the weather is nice

In the Bathroom





Switch off the electric water heater if the house is empty for a few days. Most models will reheat the water to the set temperature within about an hour.



Turn off exhaust fans after use

Save Water at Home

We rely on water every day for cooking, cleaning, and basic sanitation. We would not be able to operate our households for long without it. Your support is needed to save water. Not only will your support help save water but it will also reduce the cost of water bills every month. Your effort to save water for the benefit of your employer and the UAE will, no doubt, be appreciated by your employer.



In the Kitchen





Use a bowl of water to clean and prepare vegetables, rather than letting the faucet run



Water the plants with cooled down cooking water or water used to wash vegetables



Allow for ample time before meal preparation to allow food to thaw naturally



Don't run the tap constantly if you hand wash the dishes. Instead, soak the dishes and wipe them off first, then only turn the water on to rinse off the soap



Dishwashers when fully loaded use significantly less water than hand washing



Select the dishwasher's economic cycle

In the Laundry Room





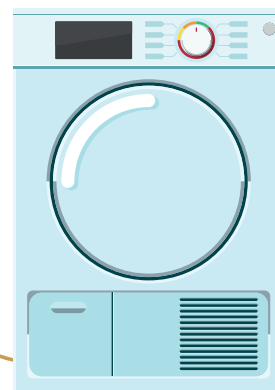
Try running your washing machine only when full



Select the washing machine's economic cycle



A clean washing machine is more efficient. Leave the machine open to dry for an hour or two after use. Clean the machine once a month to remove mildew or soap scum



If you use a condenser clothes dryer, use the water in the tank to water the plants

In the Yard





Use a watering can instead of a hose when watering the plants



Water the yard very early in the morning or at night when temperatures are coolest



Set up a rain barrel at the bottom of a downspout to collect rainwater. You can then use it in the yard



Use mulch around shrubs, flowers, trees, and vegetables to retain moisture in the soil while reducing weeds and the use of herbicides



Position sprinklers so they don't water the pavement



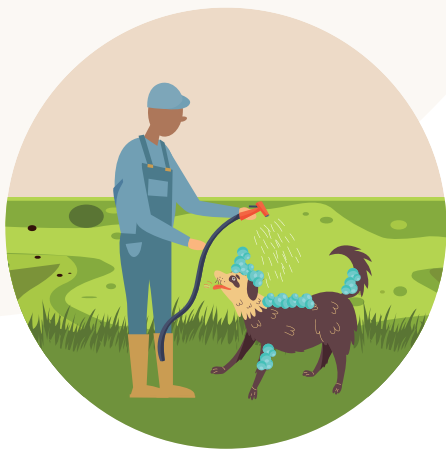
Sweep debris from driveways, sidewalks, and porches Use a brush and soapy water to clean dirty spots



Cover the swimming pool when not in use to reduce evaporation and save hundreds of liters of water

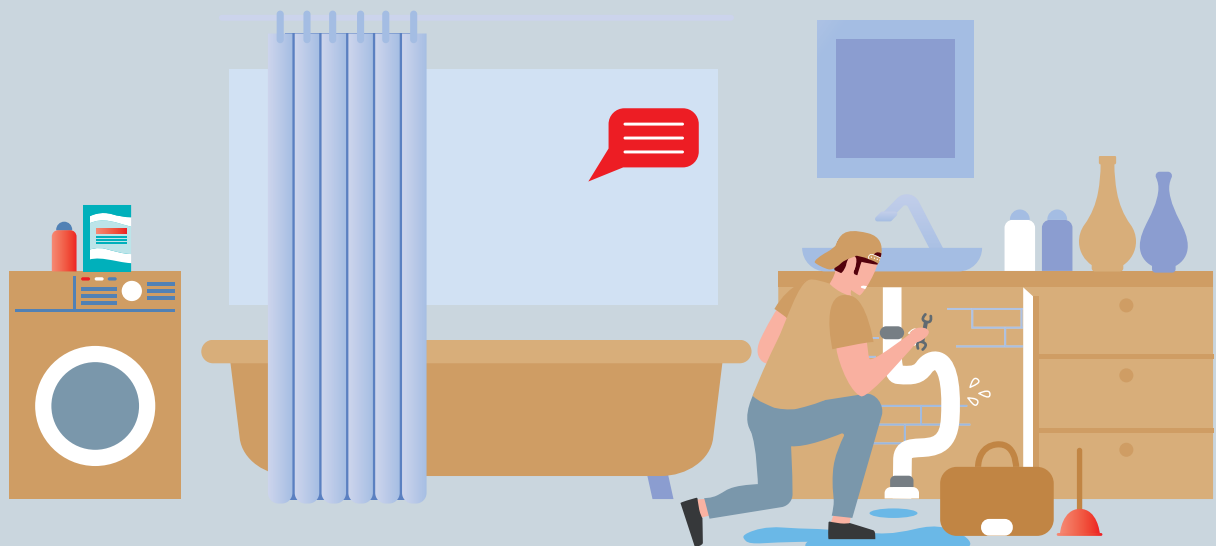


Washing cars with a hose can use 10 times more water than with a bucket and a sponge. Use a bucket.



Wash pets outdoors in the grass or another area that needs watering instead of in the tub

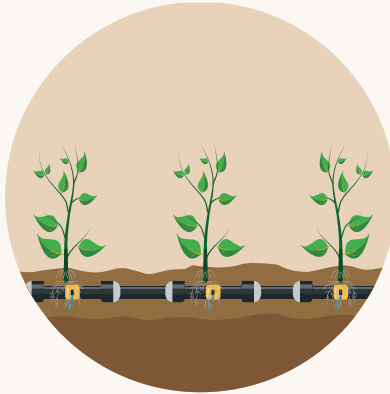
Address Leakages



A leaky faucet can waste over 11,000 litres of water per year. That's the amount needed to take 180 showers! A leakage can also cause costly damages at home.



Regularly check for dripping faucets, valves or hoses. If you notice any, report it to your employer immediately, place a recipient to collect the water and call someone right away to fix it



Inspect the irrigation system and sprinklers, have any leak repaired promptly



Don't forget to inspect the home's main water shutoff valve every few months

Leaks in pools often go unnoticed. They can waste thousands of litres of water each month. Check regularly for leaks, cracks, or puddles around the pool.

Save Water & Electricity in your everyday life

You have learnt many ways to conserve electricity and water during work.

A few small changes in your daily routine can help you use electricity and water even more wisely.





Handwash your clothes if you only have a few items to clean



Don't leave your mobile phone plugged in overnight. It only takes a couple of hours to charge



Take -5minute showers and turn off the tap while soaping or shampooing



Turn off the tap while brushing your teeth and always use a tumbler



When shaving, fill the sink partway with water and use that to keep the razor clean instead of leaving the faucet running



Use the half-flush button on a dual-flush toilet whenever appropriate

Help Children “Think Green”

How do you encourage conservation and sustainable behavior with children in a positive and fun way? It is easier than you think.



Help children “Think Green”



Set a positive example:

If you want the children to think and live sustainably, act sustainably! Remember: the kids will mimic your actions, so make sure those actions are positive.



Spend more time outdoors:

Every hour you spend outdoors with the children is more time that they aren't playing video games, watching television, or using their phones. At least as important, is the notion that if the kids grow to appreciate the natural world around them, they will be more likely to think and act sustainably.



Encourage them to learn more about sustainability:

Thanks to your behavior, the kids hopefully will understand the importance of conservation and sustainability. Support them by sharing good practices.



Every drop count: An upcoming rain is an excellent opportunity to teach the kids to think green and have fun at the same time. Before the rain hits, collect buckets, and place them outside. Then, once the storm is gone, ask the kids to use the collected rainwater to water the garden or the flowers.

Your Notes

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