

# Home-based Business?

## Tips for a smaller carbon footprint

Being based from a home office means you have more control over your operational carbon footprint.

### 1. Save On Heating:

- § Buy a highly efficient condensing boiler if your old central heating boiler is worn out. Keep the boiler serviced.
- § Use modern electric storage heaters if you have all-electric heating.

### 2. Prevent Heat Loss:

- § Heavily insulate your loft to act as a barrier to prevent heat loss through the roof space. A sign of sufficient good loft insulation is when snow / ice takes time to melt from the roof.
- § Fill gaps under skirting boards and between floorboards with newspaper or mastic sealant.
- § Fit a good insulating jacket to your hot water tank if it does not have sprayed foam on the outside.
- § Put aluminium foil behind any radiators fitted to outside walls. Ordinary kitchen foil will do, or you can buy specially designed panels from DIY stores.
- § Fit Thermostatic Radiator Valves (TRVs) / heating controls to stop you heating rooms you are not using.

### 3. Light Up for Less:

- § Fit low energy light bulbs in areas where lights are left on for long periods of time, or in difficult to reach places. They use about a 25% of the electricity and last 10 times longer. Check for European "A" Rating on the box; these have electronic ballast and are guaranteed to be efficient with long life. These normally cannot be used with dimmer switches or electronic timers.
- § Use modern Solar powered path lights that charge batteries in daylight and come on automatically at dusk.
- § Don't leave any exterior lighting switched on all the time, use time switches and PIR sensor controls.

### 4. Work Like Clockwork:

- § Use wind up torches, radios and batteries wherever possible whilst saving on the cost of new batteries.
- § Use rechargeable batteries if necessary.
- § Solar and clockwork powered radios / torches and other appliances are available from most retailers.
- § Use manual appliances instead of powered ones.

Common myths about energy management by the National Energy Foundation  
– see <http://www.nef.org.uk/actonCO2/energymyths.asp>



## Quick Energy Savings Table

Area Of Energy Use / Activity	Estimated Saving(%)
<b>Lighting:</b> § Turn off unnecessary lights (interior and exterior). Fit PIR sensor controls. § Use Low Energy light bulbs (CFLs). § Turn off all appliances not being used e. g TV, Video, PC etc (not on standby).	<b>75%</b>
<b>Heating:</b> § Reduce central heating temperature by 1 or 2 degrees for part or all of the day. § Keep furniture away from radiators to heat the room and not the furniture. § Keep windows clean. Open curtains & internal doors to use sun's heat. § Use weather-strips e.g. door & window frame seals and letterbox covers. § Don't use central heating radiators to dry clothes. Use a clotheshorse or a line. § Keep fireplace dampers closed when not in use to retain heat.	<b>25%</b>
<b>Cooling:</b> § Use curtains, shutters & blinds to stay cool, also prolongs air conditioner life. § Turn up your car air conditioner's temperature setting by 2 - 4 degrees.	<b>50%</b>
<b>Hot Water:</b> § Use low-flow water taps and showerheads. § Turn off taps as soon as possible. § Insulate / lag hot water cylinder and all hot water pipes. § Set the central heating boiler thermostat to 60°C/140°F or less.	<b>30%</b>
<b>Washing Machines:</b> § Wash using only cold water wash cycle. Or a cycle less than 40°C if available. § Use full loads instead of partial loads. Or economy cycle if equipped. § Use high-speed spin setting and use a clotheshorse or outside clothesline.	<b>88%</b>
<b>Tumble Dryers:</b> § Dry using full loads only. § On hot days avoid using a tumble dryer use a clotheshorse or a clothesline.	<b>40%</b>
<b>Fridge / Freezers:</b> § Clean condenser coil (rear grill) by vacuuming any dust build up. § Defrost regularly (at least every 2 months). § Use correct capacity appliance(s) according to need. § Install in a cool place (away from a heat source such as a kitchen). § Set optimal temperature to prevent ice build up, which reduces efficiency. § Replace old / ill fitting door seals to stop surrounding warm air in. § Keep the freezer packed full to avoid wasting energy. § Use ice cube trays instead of the icemaker on the fridge.	<b>26%</b>
<b>Electric Cookers and Microwaves:</b> § Use a microwave oven instead of conventional oven cooking. § Use a pressure cooker when appropriate. § When defrosting / warming food use a microwave oven to use less electricity.	<b>30%</b>
<b>Cooking:</b> § Choose the right pan size and burner. § Cook food in small / thinner pieces. § Put lids on pans to speed up cooking.	<b>50%</b>
<b>Dish Washers:</b> § Turn off dish drying cycle of a dishwasher.	<b>9%</b>

### Why not:

- § Use locally grown produce and buy where possible organic food. Make compost from organic waste such as vegetable peel, leaves etc.
- § Save water and fit a "hippo" (water displacement device) in your cistern tank.
- § Recycle all: Glass, plastics, paper, cardboard, clothes and shoes. Contact your local council for your nearest collection bank. Give unwanted furniture & other household items to local charities for re-use.
- § Cut down on unnecessary car use. Use the public transport for regular journeys or use a bicycle.

### Sources Of information

National Energy Foundation:

<http://www.nef.org.uk>

Centre for Alternative Technology:

<http://www.cat.org.uk>

