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Name: .....  
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### A. Water Heating and B. Shower, Bath and Taps

How do you use energy?	Your energy use is closest to...			Energy Star Action
	high energy use	moderate energy use	energy efficient	
What type of water heater do you have?	Electric storage	Gas <b>1Star</b>	Solar, 5-star gas, or electric heat pump. <b>3Stars</b>	3-4 tonnes of greenhouse gases are produced per year to power an electric water heater. If you need a new water heater, the most environmentally friendly options are solar, 5-star gas or heat pumps. From 2012, electric hot water heaters will be phased out.
Check your hot water heater temperature <b>1</b>	65°C or more	62°C <b>1Star</b>	60°C <b>2Stars</b>	Australian standards require storage water heaters to be set at no less than 60°C. Instantaneous gas water heaters can be set to lower temperatures. Internal thermostats require adjustment by a qualified tradesperson.
What is your showers hot water flow rate <b>2</b> ?	15 litres per min or more	12 litres per min <b>1Star</b>	9 litres per min <b>2Stars</b>	3-star rated showerheads give a great shower with less water. They are most suited to mains pressure gas and electric storage heaters. 3-star rated tap aerators can also be used to reduce flow rates in taps.
How do you shower and bathe?	Long Showers and deep baths	Showers only or shallow baths <b>1Star</b>	Short Showers (3 min or less) <b>2Stars</b>	A bath can use over 100 litres of water. A short shower can use less than 30 litres.
Is there lagging (insulation) on your water heater pipes?	None	Some <b>1/2Star</b>	Lagging on Hot and cold water pipes <b>1Star</b>	Insulating exposed copper pipes with rubber tubing (known as lagging) reduces conducted heat loss from storage water heaters. Hot and cold water pipes should be lagged, at least for the first metre from the tank. Lagging is available from hardware and plumbing stores.
Your total	0			= /11 Stars



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### C. Clothes Washing and Drying

How do you use energy?	Your energy use is closest to...			Energy Star Action
	high energy use	moderate energy use	energy efficient	
What water temperature do you use for clothes washing?	Always hot or warm	Sometimes warm <b>1Star</b>	Always cold <b>2Stars</b>	Most of the energy used for clothes washing goes into heating the water. If you need a new clothes washer, check the energy star ratings. The more stars the better. Most washing powders are now engineered to work with cold water.
How do you dry your cloths?	Always use the dryer	Sometimes use the dryer <b>1Star</b>	Always dry on the line/ clothes airer <b>2Stars</b>	Use the dryer less. If you do need to use it, spin dry your clothes well before using the dryer. New dryers also have energy star ratings.
Your total	0			= /4 Stars

### D. Fridges and Freezers

How do you use energy?	Your energy use is closest to...			Energy Star Action
	high energy use	moderate energy use	energy efficient	
Do you have a second fridge or freezer?	Always running	only on when needed <b>2Stars</b>	No second fridge or freezer <b>3Stars</b>	A second fridge or freezer can cost over \$100/year to run. Do you really need it? If so, only run it when necessary - such as for parties. New fridges can cost much less to run than older ones. Check the energy star ratings - the more stars the better.
Where is your fridge(s) or freezer(s) located.	In a hot spot	A sometimes warm spot <b>1Star</b>	In a cool spot <b>2Stars</b>	Locate fridges and freezers in cool spots away from direct sun and other heat sources such as ovens.
Check your fridge and freezer temperature <b>3</b>	Running at less than 3 degC	Frosts up occasionally <b>1/2Star</b>	Fridge does not frost up <b>1Star</b>	The recommended operating temperature for a fridge is 3 to 5°C. Below this costs more to run and can frost up. Above this costs more to run and food goes off, it may be worth checking the condition of the fridge seals. For freezers, the recommended range is -15 to -18°C. Regularly remove any frost buildup.
Are your fridge and freezer well ventilated?	No air gaps on sides and top	Some air gaps <b>1/2Star</b>	Plenty of space around fridge <b>1Star</b>	Fridges and freezers need gaps to the top, back and sides to shed excess heat. For appliances with exposed back coils, vacuum or wipe off dust. Also ensure doors seal well.
Your total	0			= /7 Stars



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### E. Insulation, F. Shading & G. Draught Proofing

How do you use energy?	Your energy use is closest to...			Energy Star Action
	high energy use	moderate energy use	energy efficient	
Is your home insulated?	No	Ceiling only <b>2Stars</b>	Ceiling and Walls <b>3Stars</b>	Insulation is measured by its thermal resistance. Contact the Energy Division's Advisory Service (see details on the back page) for the appropriate insulation R-value for your area.
Do you have shading on north facing windows?	None	Some <b>1/2Star</b>	Shade Summer Sun Only <b>2Stars</b>	Well-designed eaves shade summer sun while allowing winter sun in. Alternatively an external blind, pergola or deciduous vine can be used.
Do you have shade on the east and west windows?	None	Some Shade <b>1/2Star</b>	Well shaded in summer <b>2Stars</b>	It is important to externally shade east and west windows in summer. Blinds, verandas or trees can be used.
Do you have curtains and pelmets over living room windows?	None	Good Curtains <b>1/2Star</b>	Good Curtains and pelmets <b>1 &amp; 1/2Stars</b>	Heavy lined curtains and pelmets help keep heat in during winter and out on hot summer days. Pelmets (covers over the top of curtains) are important to stop draughts caused by airflow between curtains and windows.
Are there any draughts from external doors, windows, etc? <b>4</b>	Larg Gaps	Some Gaps <b>1/2Star</b>	No Gaps <b>1 &amp; 1/2Stars</b>	Use special door and window seals, gap filler or draught excluders to block draughts. Seal any gaps around skirting boards, ceilings and old air vents. Check that chimney flues and extraction fans can be sealed when not in use. Note: by law, rooms with unflued gas heaters must have adequate ventilation.
Your total	0			= /10 Stars



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## H. Heating and Cooling

How do you use energy?	Your energy use is closest to...			Energy Star Action
	high energy use	moderate energy use	energy efficient	
How much of your home do you heat or cool?	Whole house	All living spaces <b>1/2Star</b>	Only rooms that people are in <b>2Stars</b>	Only heat or cool the rooms you are currently using. Close doors between these rooms and the rest of the house. If heating is required at night (eg for medical reasons) only heat bedrooms.
What do you use for heating?	many electric heaters	Single room heater <b>1Star</b>	Warm clothes and occasional heater <b>1 &amp; 1/2Stars</b>	Ducted air conditioning can be very expensive to run. A bar radiator or fan heater can use as much energy as a single room reverse cycle air conditioner or single room gas heater. Wearing warm clothes and only heating when needed can significantly reduce heating costs.
What do you use for cooling?	Ducted Whole of House	Single room air conditioner <b>1/2Star</b>	Ceiling Fans and night breezes <b>1 &amp; 1/2Stars</b>	Ceiling fans can significantly improve comfort and also work well with air conditioners. Reversible ceiling fans also offer winter benefits. Where possible open doors and windows on summer evenings to let in cool breezes. Evaporative coolers cost less to run than refrigerative air conditioners.
What is the living temperature in winter? <b>5</b>	24deg C or more	22deg C <b>1/2Star</b>	20 deg C or less <b>1Star</b>	Lowering the thermostat of heaters by one degree can reduce energy use by 10 per cent.
What is the living temperature in summer? <b>5</b>	21deg C or less	23dgc C <b>1/2Star</b>	25deg C or more <b>1Star</b>	Raising the thermostat of cooling systems by one degree can reduce energy use by 10 per cent.
Your total	<b>0</b>			<b>= /7 Stars</b>



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## I. Lighting

How do you use energy?	Your energy use is closest to...			Energy Star Action
	high energy use	moderate energy use	energy efficient	
What types of lights do you use?	Incandescent or halogen lights	Some fluorescent <b>1/2Star</b>	mainly fluorescent <b>1Star</b>	Fluorescent lights use much less energy and are cheaper to run than incandescent globes or halogen "down lights". Compact fluorescents can replace incandescent globes that are not on dimmer circuits - especially those used for a few hours per day.
Do you regularly turn off lights?	Lights left on all the time	Lights turned off occasionally <b>1/2Star</b>	Lights turned off when no one in the room/area <b>1Star</b>	It's ok to turn fluorescent lights off when you leave the room - even for only a few minutes (it's an old myth that this is a waste of energy). Motion sensors can be used to automatically control outside lights.
Your total	0			= /2 Stars



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### J. Standby, Cooking and Other

How do you use energy?	Your energy use is closest to...			Energy Star Action
	high energy use	moderate energy use	energy efficient	
Do you have a pool?	Heated and filter always runs	Solar and no heating, filter runs less than 6 hours a day and regularly cleaned <b>1Star</b>	No pool <b>2 &amp; 1/2Stars</b>	A pool pump running 6 hours a day can cost \$300-\$500 a year. A gas pool heater can cost \$600-\$800 a year. Consider a solar pool heater and blanket. Keep intake grates clean and backwash filter when necessary. Saltwater chlorinators can double the energy use of a pump.
Do you heat your beds?	Waterbed	electric blanket used just before bed time <b>1/2Star</b>	No heating <b>1 &amp; 1/2Stars</b>	Waterbeds can be very costly to run. Making the bed each day reduces heat loss. If you need an electric blanket, turn it on just before going to bed and off once you're in bed.
What are your main forms of cooking?	Electric Stove and oven	Occasional microwave <b>1/2Star</b>	Microwave and or gas cooker <b>1Star</b>	The most environmentally friendly cooking options are microwaves or gas cookers. Ensure seals on ovens work well. Place lids on saucepans.
How do you turn off appliances?	Turn on and off with remote control	Turn off at wall sometimes <b>1/2Star</b>	Turn off at wall most of the time <b>1Star</b>	Appliances with remote controls or "soft switches" such as TVs, stereos, computers, microwaves and some washing machines can consume considerable energy when in "standby" mode. Turn these off at the wall (either manually or with a timer) when not in use.
How do you turn your computer and computer screen off?	Left on for long periods	Use energy Star sleep features <b>1/2Star</b>	Monitor and PC turned off or don't have a computer <b>1Star</b>	Most modern computers can be set to enter "sleep" mode when not used for a certain period (such as 15 minutes). Turning the computer monitor off (using its button) when away for even a short time, can reduce energy use by half.
Your total	0			= /7 Stars



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### Energy Star Summary and Actions

How you use energy		Your score	What can you do	by when	tick when complete
<b>A , B</b>	Water Heating and Shower, Clothes washing and drying	/11			
	Clothes washing and drying	/4			
<b>D</b>	Fridges and Freezers	/7			
<b>E, F, G</b>	Insulation, Shading & Draught Proofing	/10			
<b>H</b>	Heating and Cooling	/7			
<b>I</b>	Lighting	/2			
<b>J</b>	Standby, Cooking and Other	/7			
<b>Total</b>				<b>/48</b>	

### Energy use from your energy bill

Season	no of days	Average kWh
Spring 2010 (dec 2010)		
Summer 2010 (mar 2011)		
Autumn 2011 (june 2011)		
Winter 2011 (sept 2011)		

### Type of billing method

peak/offpeak	
time of use metering	
Green Power	%



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## **Notes**

### **1 Checking your hot water temperature**

If you don't know your water heater's thermostat setting, measure the delivered water temperature by placing a thermometer under a running hot water. Delivered water temperature may be a few degrees lower than tank temperature.

### **2 Measuring shower head and tap flow rates**

To measure shower and tap flow rates, turn the hot water tap on full and let it flow into a bucket for 10 seconds. Measure the amount of water in litres. Multiply by six for the flow rate in litres per minute. Take care to avoid spilling the hot water.

### **3 Measuring fridge and freezer temperatures**

To measure the temperature inside your fridge or freezer, place a thermometer to the back and bottom of the fridge or freezer and leave it for several minutes.

### **4 Checking for draughts**

Sources of draughts can be observed by either looking for daylight around the edges of doors and windows, looking for gaps around skirting boards; feeling draughts on a wet finger, or using a lit incense stick to observe the flow of air (where there is a draught the smoke will jiggle around, rather than rising vertically).

### **5 Measuring living area temperatures**

Living room temperatures can be measured with a thermometer near where people tend to be in the room or by the thermostat setting on the heater or cooler.

Note: there may be a few degrees difference between the thermostat setting and the room temperature.