



# Energy Saving Checklist—What Can You Do?

**Saving energy has many advantages—it helps the environment by reducing our carbon footprints, leads to a more efficient use of resources and reduces the amount of money we spend on our energy needs, whether it be electricity or fuel.**

**There are many small and simple ways in which we can save energy—and this does not mean going without. Have a look at the energy saving checklists below to see how well you are doing, and try out a few of the suggestions that you may not have been aware of. These range from actions that cost nothing at all, to low cost fixes, to longer term investments such as solar water heating.**



## Small Changes, No or little cost....

### At Home....



Turning off lights when not in use.		<input type="checkbox"/>
Turning off all appliances when not in use.		<input type="checkbox"/>
Unplugging appliances & chargers when not in use.		<input type="checkbox"/>
Filling the kettle only with the amount of water you need.		<input type="checkbox"/>
Using a saucepan lid when boiling water on the hob.		<input type="checkbox"/>
Closing curtains or blinds during the day.		<input type="checkbox"/>
Letting dishes air-dry in the dishwasher.		<input type="checkbox"/>
Setting the washing machine to 30°C instead of 40°C.		<input type="checkbox"/>
Setting the timer on water heaters.		<input type="checkbox"/>
Using ceiling fans instead of air-conditioning when possible.		<input type="checkbox"/>
Setting air-conditioning units to 78°F minimum in the summer.		<input type="checkbox"/>
Cleaning air-conditioning filters regularly.		<input type="checkbox"/>

### In the Office....



Turning off lights when not in use.		<input type="checkbox"/>
Turning off computers overnight and at weekends.		<input type="checkbox"/>
Reducing the amount of print outs.		<input type="checkbox"/>
If printing, print 2 pages per sheet, double-sided to reduce waste.		<input type="checkbox"/>
Turning off the air-conditioning at the weekend.		<input type="checkbox"/>

### In the Car – Car Use & Gas In Mileage....



Reducing car use through car-pooling.		<input type="checkbox"/>
Keeping your tyres pumped up to the correct pressure.		<input type="checkbox"/>
Checking & replacing air and oil filters regularly.		<input type="checkbox"/>
Avoiding rapid acceleration & Braking, drive smoothly.		<input type="checkbox"/>
Removing excess weight or roof rack from your vehicle.		<input type="checkbox"/>
Avoiding unnecessary journeys or use alternatives like cycling.		<input type="checkbox"/>



# Cayman Islands Energy Saving Checklist—What Can You Do?



## Simple Fixes, Low Cost....

### At Home....

Replacing incandescent light bulbs with compact fluorescent bulbs.		✓/x
Fixing leaks around windows to save on air-conditioning		
Installing low-flow showerheads to reduce hot water use.		

### Energy Saving Light Bulb Facts

Compact Fluorescent Light bulbs (CFLs) use 75% less energy than standard incandescent bulbs. They also last up to 10 times longer. These are readily available in most supermarkets and home stores in Cayman.



An incandescent light bulb (left), and a range of compact fluorescent light bulbs (right) which use much less electricity.

### Longer Term Investments....



### At Home....

For new appliances, go for energy efficient brands—look out for the Energy Star® label.		✓/x
Buy tankless or on-demand water heaters which will only provide you with the hot water you need.		
Even better, install a Solar Water Heating System or solar electricity panels.		
If buying a new vehicle, look at buying more efficient hybrid or electric car		

### Solar Water Heating Facts

Solar Water Heating systems have started to be used on Cayman, and can be ordered and installed by local companies like ElectraTech. Solar Water Heaters utilize the sun's energy (and are therefore fuel-free and pollution-free) to heat water stored in a system of tubes attached to your roof. The hot water is then stored until you need it.



Solar water heaters in Barbados (left) and the US (right)

