

## COOL ENERGY SAVING TIPS FOR REFRIGERATORS & FREEZERS

- **Do not unplug the unit in an attempt to save energy.**

This does not save energy. It will actually consume more energy since the compressor must work harder each time it is plugged in.

- **Cover liquids & wrap foods stored in the refrigerator.**

Uncovered foods release moisture and make the compressor work harder.

- **Position refrigerators & freezers in the coolest possible environment away from stove, window(sun)etc.**

- **Reduce the frequency of opening the unit**

Each time the door is opened more energy is required to restore the temperature.

- **Regularly defrost manual defrost units**

Frost buildup decreases the energy efficiency of the unit. Don't allow frost to build up more than one-quarter of an inch.

- **Ensure that the door is closed properly**

Close the door so that there is no space between the rubber & the door to allow air flow. Improperly sealed doors would result in the accumulation of frost and the loss of energy. The loss of cool air and inflow of warm air would result in the compressor working excessively & result in the consumption of more energy.

Allow warm food to cool to room temperature before putting into the refrigerator or freezer.



## MAKE YOUR NEXT APPLIANCE AN ENERGY STAR



CHANGE FOR THE  
BETTER WITH  
ENERGY STAR

When you  
**conserve energy at home**  
you reduce  
**green house gas emissions**  
from power plants and help  
**protect our environment**



from the risks of  
**Global  
Climate  
Change**

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## Appliances

**ENERGY  
CONSERVATION  
TIPS**



**GUYANA ENERGY AGENCY**

# 1 Unplug all appliances after switching them off.

Switch off & unplug radios, television sets, VCRs, DVD players, microwave ovens, kitchen appliances, computers, printers, fans, phone chargers and any other appliance when they are not in use.



Even when appliances are in the "off" mode they consume standby power. The only way to ensure zero power consumption is to completely unplug the device, or use a switched outlet to cut supply to the appliance.

# 2 Make sure appliances are properly maintained.

Appliances such as refrigerators, microwave ovens, blenders, stoves, etc should be properly maintained. Do not use defective appliances, they can cause injury and may consume more energy.

# 3 Know the Wattage of your appliances.

The amount of electrical power required for any electrical appliance or equipment is measured in WATTS. The higher the wattage, the more electricity it uses.

# 4 Ensure your building wiring is checked by a certified electrician.

This is to verify that the wiring in the building is safe. A general rule of thumb is to rewire the entire building after 15 years.

# 5 Plan building wiring.

Proper planning of building wiring can utilize sockets that carry switches so appliances plugged into the outlets can be disconnected with the flip of the switch.

# SHUTDOWN AND UNPLUG

## Computers when not in use. SCREENSAVERS DO NOT SAVE ENERGY!

### Explore the use of renewable energy options where appropriate.

Heat-Producing appliances are heavy energy users. The more heat generated, the more energy is used.

It is better to use an alternative source of heat such as solar for hot water.



## Unplug chargers after use

Many chargers draw power continuously, even when the device is not plugged into the charger.

# 6

## Surge Protector.

Use of an appropriate surge protector (power strip) can cut all power to the appliances plugged into the surge protector by switching off the power strip. Note that some surge protectors still consume energy even when switched off. Better surge protectors carry switches on each outlet.



# 7

## Reduce the frequency of ironing clothes.

Instead of ironing one outfit each day, iron all outfits for the week at one time. Each time the iron is plugged in energy is used to warm the elements. The more frequently the iron is plugged in, the more energy is used. Iron clothes that need less heat first then work up to drills and denims.



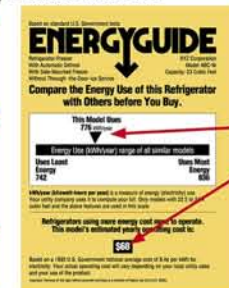
The faster a motor is working the more energy is used



# 8

## Select appliances based on their Energy efficiency rating

Some popular ratings include the ENERGY STAR® and EnergyGuide labels.



These appliances may be slightly more expensive but will save more due to their lower energy consumption. The EnergyGuide label gives the estimated energy consumption when comparing different brands and models.

# BE A SMART COOK

tips for conserving in the kitchen

- **Keep burners clean** they will reflect the heat better and save energy.

- **Cover pots and pans** This will consume less energy. When reheating foods, do not overheat. Overcooking destroys food value and wastes energy.

- When using gas (LPG) stoves, look for blue flames; yellow flames indicate the gas is burning inefficiently. This would suggest that the burners require servicing.

- **Use pressure cookers & microwave ovens** They can save energy by significantly reducing cooking time.

- Glass & Ceramic baking dishes transfer heat more efficiently.

- **Soak dried peas before cooking.** The absorption of moisture reduces the amount of cooking time and therefore saves energy.

- **Use the appropriate burner for the size of the pot.** A small pot on large fire wastes energy. The pot should cover the fire.

- **Turn off the fire a few minutes before the food is done.** The residual heat will complete the cooking.