

Become an energy champion at home!

How and when you use energy can make a big impact on your family's energy bill. Using energy efficiently can help your family save money and help reduce reliance on fossil fuels. By using our energy efficiently, it helps ensure that there is enough energy for everyone, even when there is high demand.

Here in WA, the demand for electricity peaks in summer between 5pm and 9pm on the hottest days of the year. Extreme temperatures create a higher demand for electricity as people arrive home from work or school and switch on their air conditioners, TVs, gaming consoles, lights and other appliances.

Here are some simple tips to implement in your home to help your household save energy:

<ul style="list-style-type: none">• Turn off appliances at the wall rather than leaving them on standby• Did you know gaming consoles can use about 10% of their energy consumption while on standby and TVs up to 20%?	<input type="checkbox"/>
<ul style="list-style-type: none">• Turn off chargers when your phone or tablet has finished charging. Chargers can still use electricity when they're not charging anything.	<input type="checkbox"/>
<ul style="list-style-type: none">• Use up available solar energy on the grid in the middle of the day. Encourage your family to shift the times they use some appliances to the middle of the day. Many high-electricity use appliances such as washing machines, dishwashers and air conditioners have timers which can help with this.	<input type="checkbox"/>
<ul style="list-style-type: none">• Use blinds and curtains to keep the heat out during summers and in during winter. Did you know the optimum temperature to set your air conditioner to is 24°C in summer and your heating to 18°C in winter?	<input type="checkbox"/>
<ul style="list-style-type: none">• Book in a tech-free games night with your friends or family once a month. You'll have a fun time and think about all that energy you could save by having a night off without the TV and gaming devices.	<input type="checkbox"/>
<ul style="list-style-type: none">• Make sure the only rooms you have the lights and air conditioners on are the ones you're actually using. Keep your family on track by switching off these appliances when you leave a room.	<input type="checkbox"/>
<ul style="list-style-type: none">• Stop staring at the open fridge. The longer you stand there with the door open, the more cold air will escape. Try to work out what you need to grab before you open the door.• A handy tip to check your fridge and freezer seal: If you can slip a piece of paper between the fridge or freezer and the door, let your parents know that it might be time to replace the seals to stop cold air from escaping.	<input type="checkbox"/>
<ul style="list-style-type: none">• What's not to like about a BBQ on a hot summer day? Suggest having a BBQ or an air fryer meal on hot days to help lower your energy use and prevent the oven from heating up the house.	<input type="checkbox"/>
<ul style="list-style-type: none">• Keep those showers short, aim for 4 minutes or less. Every minute your shower runs, is another minute of water use and water heating costs.	<input type="checkbox"/>
<ul style="list-style-type: none">• Encourage your family to learn about how to save energy together by visiting the Synergy website and using Synergy's interactive energy-saving tools Energy Efficiency & Power Saving Tips for the Home - Synergy Peak demand (synergy.net.au)• If you have a smart meter, check together how your house uses electricity throughout the day in Synergy My Account.	<input type="checkbox"/>

Which ones do you use now? Write the date you first check the boxes in the table. _____

Make some changes and check your next bill two months later.
Record the dates and check the boxes again.