

Oregon Department of Energy

Energy Tips

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AT HOME

Lighting

- ◆ Turn off lights when not using them.
- ◆ Change your incandescent light bulbs to compact fluorescent bulbs where fixtures are on three or more hours a day.
- ◆ Install motion detectors on your outdoor security lighting or use compact fluorescent lights.
- ◆ Use low-wattage bulbs in closets or hallways
- ◆ Keep light bulbs and fixtures clean. Dirty fixtures reduce light intensity by as much as 25 percent.

Entertainment

- ◆ Turn off your television when not viewing it.
- ◆ Turn off your radio/stereo when not listening to it.
- ◆ Turn off PC when not in use for more than one hour.

Heating/cooling

- ◆ Tune-up your furnace and air conditioner to make sure they run as efficiently as possible.
- ◆ Turn up your air conditioner thermostat to 78 degrees F. when you are at home and to 85 degrees F. when you are away from home.
- ◆ Turn off your air conditioner when you are not at home.
- ◆ Use a programmable thermostat to set your furnace/air conditioner to come on 30 minutes before your arrive home.
- ◆ Clean or replace your air conditioner filters once a month.
- ◆ Insulate your attic, walls and crawl spaces.
- ◆ Find and seal air leaks with caulking or weather-stripping.
- ◆ Replace your windows with energy-efficient windows.
- ◆ Shade west-facing windows with awnings and trees. Exterior shading is more effective than interior shading.
- ◆ For unshaded windows, draw curtains and use reflective blinds.
- ◆ Don't block registers, baseboard radiators or cold air returns.

- ◆ Close chimney dampers when you don't have a fire.
- ◆ During cooler weather, set your thermostat to 68 degrees F. during the day and 55 degrees F. at night or when you are not at home.
- ◆ Consider an air conditioner alternative such as window fans, ceiling fans or building fans that use much less power.

Appliances

- ◆ Buy energy-efficient equipment and appliances. At a minimum, buy Energy Star-rated models. The most efficient of these models may be eligible for an Oregon tax credit through the Department of Energy's Residential Energy Tax Credit Program.
- ◆ Replace clothes washer with new front-loading energy-efficient model.
- ◆ Run your clothes washer with only full loads.
- ◆ Wash and rinse your clothes in cold water.
- ◆ Clean your dryer lint filter after every use.
- ◆ If your dryer has a moisture sensor, use it to dry your clothes.
- ◆ Don't allow frost buildup of more than ¼ inch on manual-defrost freezers.
- ◆ Locate refrigerators and freezers away from heat registers and stoves, if possible. Leave two to three inches clearance around the back, sides and top.
- ◆ Set the Energy Saver switch on to turn off "anti-sweat" heat coils in the door gasket.
- ◆ Replace damaged door gaskets.
- ◆ Don't keep your refrigerator or freezer too cold. Recommended temperatures are 37 to 40 degrees F. for the refrigerator and 0 degrees F. for the freezer. Check the temperature.
- ◆ Replace your 10-year-old or older refrigerator with an energy-efficient model.
- ◆ Wrap your food and cover liquids stored in the refrigerator so the compressor doesn't have to work as hard with the released moisture.
- ◆ Discontinue use of a seldom-used second "pop and beer" refrigerator.
- ◆ Cook several meals at the same time.
- ◆ Cover pans to cook food faster. Use pans that fully cover the burner. Avoid warped pans on electric burners.
- ◆ Turn off the oven and burners a few minutes before food is done. It will continue to cook. Preheat the oven only when baking bread and cakes.
- ◆ Use an electric skillet, microwave oven or toaster oven instead of oven or stove.
- ◆ Run your dishwasher only when full.
- ◆ Use air-dry or no-dry options on your dishwasher.

Water Heater

- ◆ Turn down your hot water heater to 125 to 130 degrees F.
- ◆ Wrap your hot water heater with a water heater blanket. An insulation blanket costs only about \$10 and quickly pays for itself -even if your water heater is indoors. Follow manufacturer's instructions.
- ◆ Replace hot water heater with a solar water heating system.
- ◆ Install water-saving showerheads. New models deliver a full spray using less than two-and-a-half gallons a minute. They cost only \$5 to \$15 and are easy to install.
- ◆ Install faucet aerators.
- ◆ Fix leaky fixtures. Thirty drips a minute of hot water wastes 50 gallons of water a month.
- ◆ Take a shower instead of a bath. The average bath uses twice as much hot water as a five-minute shower.
- ◆ Set a timer when you shower to remind you when five minutes is up.
- ◆ Don't allow hot water to run down the drain. Turn off the faucets immediately after use.
- ◆ If taking a tub bath, keep the water level below three inches.
- ◆ Waterbeds - Pull the covers up to insulate the top, insulate the bottom and sides with polystyrene foam insulation and lower the waterbed thermostat, if adjustable.
- ◆ Drain and clean hot tubs if not in use during the summer. Set temperature down to 80 degrees F. between uses.

Transportation

- ◆ Plan ahead and combine errands to save gas (and time).
- ◆ Buy fuel-efficient vehicles or a hybrid or alternative fuel vehicle.
- ◆ Use public transportation, walk or ride a bike when you have the opportunity.

Help for Oregonians who want to save energy and money

Call for energy assistance:

Energy Trust of Oregon for Home Energy Evaluations – 1-866-ENTRUST
NW Natural – Portland (503) 220-2360

Outside Portland - 1-800-422-4012 x 2361

Avista - 1-800-227-9187

Salem Electric - (503) 362-3601

Department of Energy--Residential Energy Tax Credit – Call 1-800-221-8035
Tax credits for Oregonian homeowners and renters who buy premium-efficiency appliances and duct systems, alternative fuel vehicles and charging/fueling systems, solar water heating, space heating and photovoltaic systems and geothermal systems.

Department of Energy--State Home Oil Weatherization Program –
Call 1-800-452-8660
Free home energy analysis, rebates, and low-interest loans for Oregonians who heat with oil.

Department of Energy--Energy Loan Program – Call 1-800-221-8035
Long-term, low-interest loans for projects that save energy or use renewable resources, recycled materials, or alternative fuels.

Helpful Web sites

Oregon Department of Energy – www.energy.state.or.us
Energy Trust of Oregon – www.energytrust.org
PacifiCorp - www.pacificorp.com
Portland General Electric – www.portlandgeneral.com
Bonneville Power Administration - www.bpa.gov
Energy Ideas - www.energyideas.org
US government - www.eren.doe.gov/consumerinfo