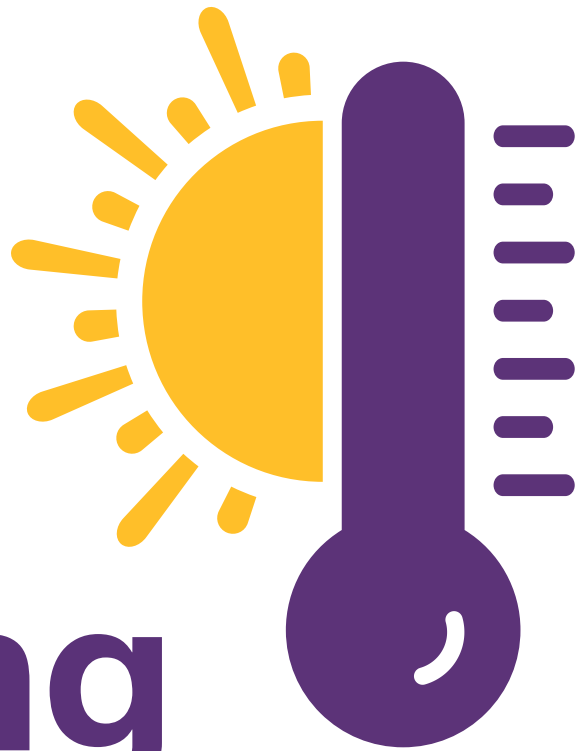


# Warrigal

Sustainable Living Series

# Heating & Cooling



Welcome to the first in a series of guides to help you live and enjoy a more sustainable lifestyle.

## Energy Efficiency

Living a more energy efficient lifestyle is easy with many benefits, including saving money on your power bills!

All it takes is making small changes to your everyday life, as set out in this guide. Some of the benefits include:

- Save money
- Improve indoor air quality
- Enjoy a comfortable home
- Reduce your greenhouse gas emissions

### Did you know?

Heating and cooling appliances account for 40% of household energy use in Australia.

## Warrigal Sustainability Team Contacts

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# Energy Efficient Heating

Winter on the south coast of Australia only lasts a few months, but we do tend to stay indoors and use extra power to heat our homes. There are a number of cheap and simple tips to use less power, keep electricity and gas bills down and stay warm during the colder months.

## Air Conditioning

Split system (reverse cycle) air conditioners are the cheapest form of heating a home regarding running costs. Although they are more expensive to purchase up-front, the running costs are less if you are someone that uses heating for more than 6 hours a day, for more than 3 months of the year.

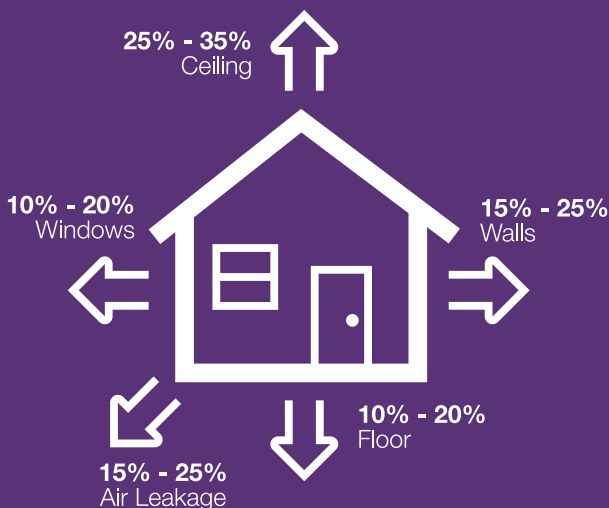
## Control the Temperature

It is recommended that you set your thermostat to the lowest temperature that's still comfortable, ideally no higher than 22°C in winter. Every extra degree you turn up your heating can add 10% to your energy bill.



## Keep the Heat In

With all the energy you put into keeping your house warm, you want to prevent that heat from escaping. This diagram shows where most heat is lost from your house:



Here are some ideas to keep the heat in:

- Close the internal doors to only heat the rooms you are in.
- At night, close curtains or blinds, to reduce heat loss through the windows. During the day in winter, let the natural light and sunshine stream through your windows to naturally heat your home.
- Roll a rug over floorboards or tiles to insulate the cold floor.
- Put draught stripping around external doors and draught stoppers (door snake!) under doors to prevent cold air entering.

# Energy Efficient Cooling

With record-breaking temperatures and heat waves now common, keeping cool doesn't have to mean electricity bills have to soar.

## Keep Direct Sunlight Out

Direct sunlight on windows can raise the temperature of a room by up to 10 degrees. The less heat that gets into your home, the less you have to pay to remove it. Curtains are good, but external awnings are even better at preventing sunlight (heat) from reaching the glass surface. On hot days, close-up the house windows and draw the curtains/shutters closed to block out the summer heat. When it cools down outside, open up the house to natural breezes.

## Turn Your Fan on First

Fans can make you feel 3 to 8 degrees cooler. Fans work by blowing away the warm air that surrounds your body. This is why blowing on hot food cools it off. Using ceiling fans along with air conditioning can make things feel cooler by 2-3°C due to the air movement, meaning you can set your air conditioning at a higher temperature. Fans use minimal power and cost a few cents per hour to run, so use them often to stay cool.

## Air Conditioning

Split-system (reverse cycle) air conditioners can be your most efficient year-round option for heating and cooling, but they can do a lot more than simply cool and warm the air in your home. They can also help keep rooms at a constant temperature, reduce humidity, improve airflow and filter the air, improving air quality. Make sure the remote is set on Cool (in summer), Heat (in winter) and use the 'Dry' setting to remove humidity and feel more comfortable with less power usage.

### Did you know?

Just by closing your curtains, you can save up to \$50 a year.

## Routine Maintenance

Your air conditioner can only function at its peak performance if it is looked after. Some simple things to do if you are able or get help with:

- Using a soft brush, carefully clean spider webs, leaves and dirt off the outside air conditioner condenser unit and keep it clear from vegetation.
- Safely cleaning the indoor unit filter to remove dust by following the user manual.
- Consider replacing an air conditioner if it is more than 15 years old. Today's air conditioners use 30-50% less electricity, so you will save the extra money outlay on less running costs over time.



# ENERGY RATING

Compare models at [www.energyrating.gov.au](http://www.energyrating.gov.au)

As tested to government regulations – actual usage may vary

A joint government and industry program

**COOLING**  
CAPACITY AT OUTDOOR TEMPERATURE ▶

35°C **4.00 kW**

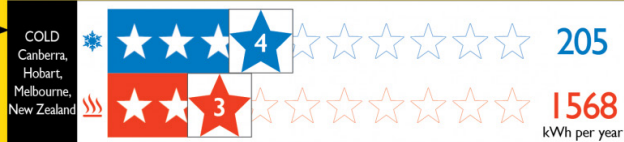
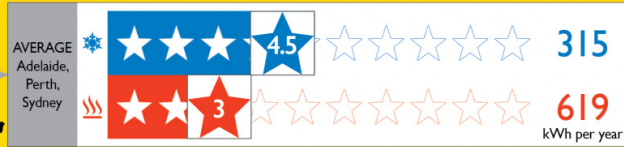
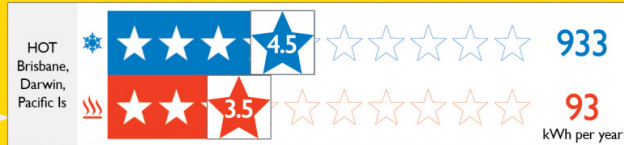
**HEATING**  
CAPACITY AT OUTDOOR TEMPERATURE ▶

7°C **5.50 kW**

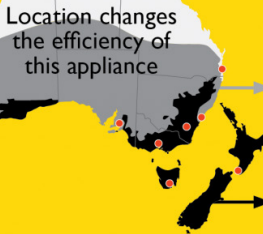
2°C **8.80 kW**

Fudaison Inverter Supercomfort  
air conditioner  
Model: KRCM001

The more stars, the more energy efficient Energy use



Noise (dB(A)) **49** (speaker icon) **59**



Location changes  
the efficiency of  
this appliance



## Upgrading your Air Conditioner

Look for a new air conditioner that has lots of stars on its Zoned Energy Rating Label - the more stars, the more efficient the model and the less it should cost to run.

## Are you on the right Energy Plan?

Comparing energy plans helps ensure you're getting the best value for money while also potentially reducing your environmental footprint. Electricity and gas rates vary between providers, with differences in usage charges and daily supply fees. If you have a Smart electricity meter installed, be sure to review the time-of-use plans for peak, off-peak, and shoulder rates.

You can also choose electricity plans that use renewable energy or GreenPower, to reduce carbon emissions associated with your energy consumption. Energy Made Easy is an Australian Government free service that allows you to compare the different energy retailers and pick a cheaper energy plan. Make the switch at [www.energymadeeasy.gov.au](http://www.energymadeeasy.gov.au)

Seniors and pensioners may be eligible for a range of Government rebates and financial assistance to help with electricity bills. Check out [www.energy.gov.au](http://www.energy.gov.au) to see if you are eligible for assistance.

## Smart Meters

You may be contacted to have your electricity meter upgraded to a Smart Meter. Having a smart meter will mean your energy retailer won't have to estimate your usage and can charge you only for the exact amount you use. So that's a good thing...

## Bill Shock

If you are struggling to pay your power or gas bill on time, contact your energy retailer and they can help you work out your options. Their number is on your bill. You may be able to delay payments or pay your bill off in smaller amounts.

## In Summary...

In order to reduce your electricity bills, and make your independent living unit a more comfortable place to live, we encourage our Community Village residents to follow the tips outlined in this guide.

Please note that if you reside in a Warrigal Community Village, any additional works or modifications are at the resident's expense and require permission from Warrigal to be carried out.

*Warrigal*