



Sky Healthy Environment Top Tips List

Want to help tackle climate change? You've come to the right place. Here you'll find a whole lot of small steps that will have a huge impact.

While you're relaxing:

Switch your Sky box to standby. Set top boxes can't be turned off as software needs to download, but you can put yours on standby when you're not using it. This will halve the amount of energy used.

Only boil as much water as you need for your cuppa. This will reduce your energy use by about 30%.

While you're about the house:

If it's not in use – turn it off. Turning an appliance off rather than leaving it on standby could save you £37 a year and help reduce carbon dioxide emissions.

Recycle. Each extra kilo of recycled waste prevents 0.55kg of CO₂ being emitted from the landfill where it would end up. Not only that, it also conserves resources and reduces the amount of space taken up in landfills.

Put a lid on it. This allows you to cook at a lower heat, significantly reducing the energy needed.

Use the kettle to boil water for cooking instead of heating a pan on the stove. This is more efficient, and it generally takes less time.

Use the right size pan for the amount of food and the size of the cooker ring. If you can see the heat (either the electric ring or the gas flame), the cooker ring is too big. This is wasting energy and costing you money.

Use energy efficient light bulbs. Replace a standard bulb with an energy efficient bulb and save up to 26kg of CO₂ and about £7 on your electricity bills each year.

Be smart about home heating. Check that no unused rooms are heated. Keep furniture away from radiators – this ensures the heat is spread effectively.

Turn down the heat. Turning your thermostat down by 1°C could cut your heating bills by up to 10% and save you around £40 a year. Also, your hot water cylinder thermostat needn't be set higher than 60°C/140°F.

Do a full wash. Use the lowest appropriate temperature setting on your washing machine and dishwasher and always wash a full load. Wasted space = wasted energy and pointless CO₂ emissions.

Make the most of a nice day. Hang your washing outside instead of using a tumble dryer. Every time you use a tumble dryer, you use enough electricity to emit over 1.5kg of CO₂.

Stop the drop. Did you know that a dripping tap loses about 2 drops a second, which is around 90 litres a week? So fix leaking taps and make sure they're always fully turned off.

Get some fresh air. Opening windows instead of using air conditioning can significantly reduce your energy use.

Turn off the tap when brushing your teeth. We waste loads of water by leaving the tap running – 5 litres a minute in fact. If we all turned the tap off we would save enough water to supply 500,000 houses a day.

Take showers rather than baths. Did you know that one bath is enough for two 5-minute showers? A bath uses 80 litres of water compared to only 35 litres used by a shower.

Switch off lights when you're not in the room. Wasted light equals wasted energy.

Tele-conferencing or video conferencing will prevent emissions from travel.



Once in a while:

Be a star-gazer. When appliances - such as washing machines, fridges or freezers - need replacing, buy Energy Star/ A rated ones. This can save up to 150kg of CO₂ a year and you'll soon make up any extra outlay through lower bills.

Put a hat on your house. As much as a third of your heating costs could be escaping through your roof. Insulating your loft you can save wasted energy and money. You can even do it yourself.

Put a jacket on your hot water cylinder. Putting a lagging jacket around your hot water tank and insulating hot water pipes can cut heat loss by around 75%. Jackets can be found in any good DIY store and are cheap and easy to fit.

Draught-proof your house. Placing strips around windows and outside doors and putting a flap across your letter box can significantly reduce the amount of energy you need to heat your home.

Install double glazed windows. By trapping air between two panes of glass, double-glazing creates an insulating barrier that reduces heat loss, noise and condensation.

Replacing an old boiler could save you around a third on your heating bills. Using a high efficiency condensing boiler with heating controls could save money and significantly cut your CO₂ emissions.

Get some rays. Reduce the amount of heat lost from radiators attached to outside walls by placing heat reflectors behind them. Tin foil with the shiny side facing the radiator does the trick!

Be water wise. Fit water-saving devices to toilet cisterns and use water saving taps.

Wise up to green energy. It all works the same, so switch your domestic electricity to renewable electricity.

While you're out and about:

Say 'no' to plastic bags. Take reusable shopping bags to the supermarket and try to buy products with less packaging.

Plan your journeys. If you're driving, do as many jobs as possible in one trip. Also try to avoid road congestion, road works and getting lost. The less miles you drive the less carbon will be emitted.

Check your tyre pressure. Driving with under inflated tyres is dangerous, reduces the life of your tyres and decreases fuel efficiency. Driving for 65 miles with your tyres at the correct pressure could save 1kg of CO₂.

Think about your speed and make your fuel go further. Driving at 85mph rather than 70mph uses 25% more fuel.

Do your research. The fuel economy of similar sized cars can vary by as much as 45%. So shop around when you're next buying a car to cut down on fuel costs and emissions.

Downsize your car. Buy as small a car as you can for your day to day needs. If you think you'll need a bigger car for occasional longer trips, you can always rent or borrow one. This will save money and help the environment.

Share the driving. Sharing the school-run, for example, with a roster of parents eases congestion, reduces fuel use and gives you more time.

Maintain your car. Check that your engine is properly tuned. This improves performance and limits fuel consumption.

Avoid short journeys. A cold engine uses almost twice as much fuel, and catalytic converters can take five miles to become effective. Walk or ride a bike, and get fit while saving the environment!

Get rid of the golf clubs. You can reduce fuel consumption, by removing unnecessary items from your car. It's also safer - these items can become deadly missiles if you have to brake at high speed.



Bag a lift. Did you know it takes five trees 100 years to soak up one car's annual CO₂ emissions? You can car pool or share a lift to significantly reduce emissions.