

RE-ENERGIZE YOUR HOME

# ENERGY- SAVING TIPS

[PSE.COM/ReENERGIZE](http://PSE.COM/ReENERGIZE)



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**RE-ENERGIZE**  
YOUR HOME

**PSE** PUGET SOUND ENERGY

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# RE-ENERGIZE YOUR HOME ENERGY- SAVING TIPS

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Low-cost, no-cost tips  
and ideas to help you  
save energy in every  
part of your home





## TOP WAYS TO RE-ENERGIZE YOUR...

### Lighting

- Replace incandescent lighting with ENERGY STAR® qualified compact fluorescent light (CFL) bulbs, LEDs and fixtures, particularly in areas you use most. They use up to 75 percent less energy while lasting 10 times longer
- Choose the right bulb for each room. CFL and LED bulbs come in a variety of shapes and sizes to suit nearly every household fixture
- Use timers, photo cells and motion sensors to reduce the operating hours of interior or exterior lights left on for security purposes

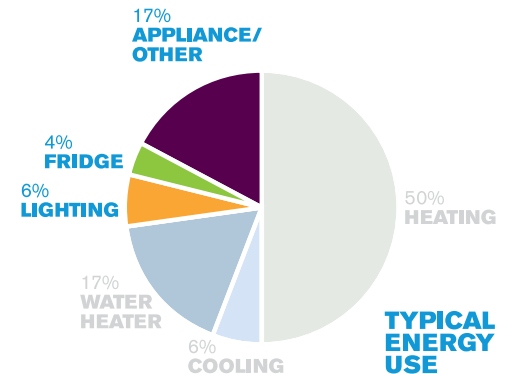


*P.S. CFL bulbs contain a very small amount of mercury, so do not put used CFL bulbs in the household garbage or recycling bin. Recycle them for free at participating retail locations, household hazardous waste facilities and select PSE offices in your area.*

### Appliances and electronics

- Avoid over-drying laundry. If your dryer has a moisture sensor or auto shut-off feature, use it
- Clean the lint filter in your dryer every time you use it. A clogged filter increases drying time
- If you have an older refrigerator or freezer, listen to see if the motor/compressor runs constantly. If so, you may need repair service to check for low refrigerant. Another cause may be a leaky door gasket
- Think about whether you need that second fridge or freezer in the garage or basement. Older units can cost more than \$100 a year to power
- When cooking, match pots and pans to the right-sized burner. Use a microwave or toaster oven, rather than your stove, to heat food whenever possible
- Many electronics draw power even when turned off. Plug items like TVs, DVD players and game consoles into power strips that you can switch off when not in use. Special "smart" power strips do this automatically

Every time you flip a switch or pull a plug, you save money and conserve resources.



### LIGHTING/APPLIANCES



## TOP WAYS TO RE-ENERGIZE YOUR...

### Water heater

- Set your water heater thermostat to 120°F or the “low” setting
- If your water heater is leaking, replace it
- Inspect your pressure/temperature relief valve and replace it if it is leaking
- When shopping for a new water heater, select a high-efficiency model by looking for the lowest operating cost shown among the yellow Energy Guide labels of various models. Also, look for ENERGY STAR qualified models or those with higher Energy Factor ratings

### Fixtures

- Check hot water faucets or shower valves for leaks. Replace washers or repair valves if you find leaks
- Install low-flow, high-performance showerheads and faucet aerators

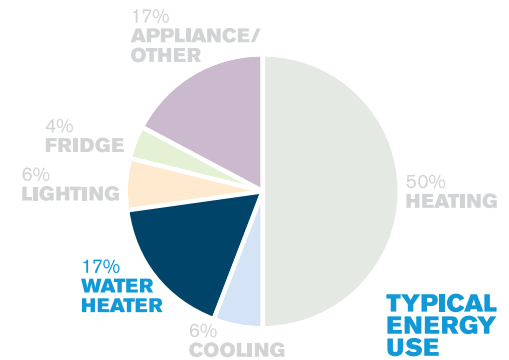
### Pipes

- Check hot water pipes in the crawl space or basement for leaks. Repair if needed
- Install inexpensive pipe insulation on all exposed hot water pipes and on the first three feet of exposed cold water pipe that is connected to the water heater

### Hot water usage

- Take shorter showers instead of baths
- Run hot water only when needed
- Use the dishwasher rather than hand-washing dishes and don't pre-rinse dishes
- When doing laundry, use cold water
- Avoid under-loading or overloading dishwashers or washing machines
- If you have a pool or spa, keep it covered when not in use to minimize heat loss. For health reasons, the American Red Cross recommends a setting no higher than 78° F for a pool and 102° F for a spa

Water heaters are the second largest energy users in most homes. How much energy are you using every time you turn that tap to “H”?



## WATER HEATING



## TOP WAYS TO RE-ENERGIZE YOUR...

### Leaky windows, doors and chimneys

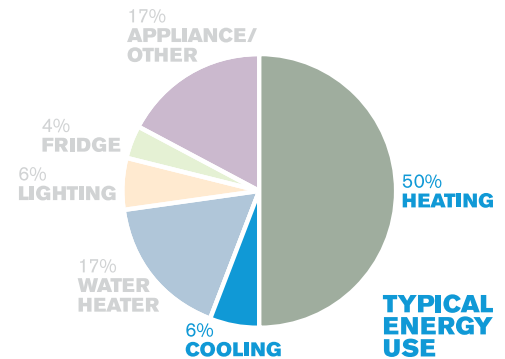
- Repair broken windows
- On little-used, operable windows and sliding doors, use non-hardening “rope caulk” to temporarily seal gaps while assuring that windows and doors can still be opened for emergencies
- Choose thicker drapes or curtains and thermal window covers
- If windows are single-paned, install inexpensive “tape-up” interior storm windows or plastic shrink film as a low-cost, temporary fix
- Use inexpensive weather stripping and door sweeps around entry doors. For a no-cost fix, roll up a bath towel and hold it against the bottom of the door with a weight
- Weather strip or temporarily seal access doors between heated rooms and large, unheated spaces
- Keep dampers closed when a fireplace is not in use, or add tight-fitting glass doors or a metal cover to seal the fireplace opening. If the fireplace is metal, consult the manufacturer for an approved (safe) glass door installation. If natural gas logs are installed, the damper must remain open at all times

***P.S.** It's best to consult a professional before doing a lot of air sealing in your home. It is possible to over-seal and if your home has inadequate ventilation or combustion appliances (like those fueled with natural gas or oil) it may not be healthy to seal air leaks.*

### Leaky ceilings, floors and walls

- Weather strip or temporarily seal access doors or hatches leading to unheated upper floors or attics
- Fill, patch or caulk holes in floors and ceilings connected to unheated spaces. Often, large holes can be found in closets.
- Fill, patch or caulk holes in walls. Check under sinks and around plumbing pipes for gaps
- Do not seal around surfaces that get hot, such as chimneys or vent pipes

Is your home leaking? You're paying to heat or cool that air so why not keep it around longer? Sealing air leaks also reduces the amount of dust and pollen entering the home when the weather is warm.



## AIR LEAKS



## TOP WAYS TO RE-ENERGIZE YOUR...

### Insulation

- Hot air usually rises, so make sure there is at least 12 to 18 inches of insulation in your attic ceiling
- Insulate around crawl space hatches and gaskets
- Floor insulation costs less but saves less energy while, wall insulation is more expensive but returns more savings
- Ensure that your duct system is properly insulated, particularly if it runs outside the home or through your attic or crawl spaces to your central heating system

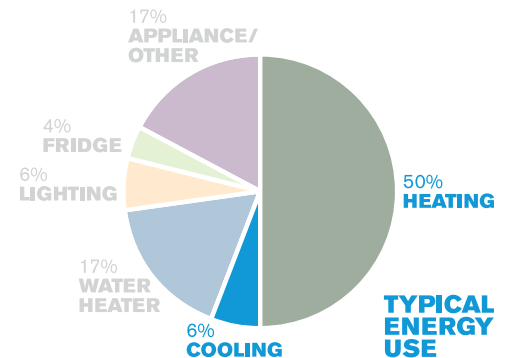


### Multi-tasking is Re-Energizing

Add insulation when upgrading other parts of your home to save time and money.

***P.S.** Adding insulation to a manufactured home is a bit more complicated and expensive. Look for a contractor that specializes in this type of work and investigate government or utility programs that provide funding for weatherization services for income-eligible residents.*

If your home was built before 1990, chances are there's some room for improvement in the insulation department. That's because back in the day, building and energy code requirements were less strict about the amount of insulation required in a newly-built home.



## INSULATION



## TOP WAYS TO RE-ENERGIZE YOUR...

### Heating system

- Create a “warm room”: when possible, only heat the part of the house that you spend time in
- Have your heating system inspected regularly by a professional to ensure it’s not only operating efficiently, but safely, too
- Turn the heat down or off while asleep or away from home. Install and properly set a programmable thermostat to make this happen automatically
- Seal ‘em if you got ‘em: if you have heating ducts and they go through an unheated basement, attic or crawl space, check for leaky joints or disconnected sections. Seal leaky joints with latex duct mastic or foil-backed butyl tape available from heating equipment suppliers. Reconnect loose duct sections

### But what about...

- **Winter vacations?** Select an appropriate temperature setting before you leave and ask a trusted neighbor or relative to increase the settings should the weather become much colder. Investigate new technology that allows you to adjust thermostats remotely
- **Mold?** On dry, sunnier days, open windows to dry problem rooms. If this doesn’t work, heat the problem rooms just enough to discourage mold and mildew growth

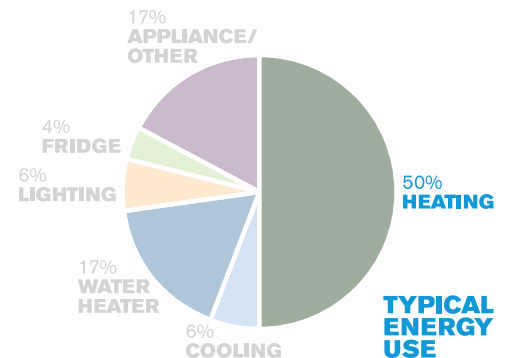
### All heating systems are unique

The following chart gets down to specifics when it comes to keeping your particular heating system running efficiently.

Your heater is most likely the largest energy user in your home, so efficiency here is key.

Think about how you use your system: when it operates, how it’s maintained and how much space you’re trying to heat.

Making simple improvements in all of these areas will save you energy without sacrificing comfy and cozy.



HEATING

# TOP WAYS TO RE-ENERGIZE YOUR...

	Electric or natural gas furnace	Electric heat pump	Electric baseboard, wall heater
<b>Thermostat settings</b>			
When people are present and active	68°F or the lowest comfortable setting		
When people are sleeping	7°F to 10°F lower or the lowest comfortable setting	5°F lower or the lowest comfortable setting	7°F to 10°F lower or the lowest comfortable setting
When individual rooms are unoccupied	68°F or the lowest comfortable setting		Off or the lowest setting
When no one is home	Off or the lowest setting	5°F lower or the lowest comfortable setting	Off or the lowest setting
<b>Reducing the space that is heated</b>			
	Electric: Close doors to only a few rooms and do not close more than ¼ of the home's heating registers Natural gas: Do not close any heat registers and leave all doors slightly open	Do not close any heat registers and leave all doors slightly open	Set room thermostats to off or the lowest setting, and close door(s) to unheated room(s)
<b>Equipment operation</b>			
	Keep room heat registers and return air grills clear of furniture and rugs to promote good air flow		Keep areas in front of baseboard and wall heater clear of furnishings, curtains or other objects that block air flow
	Install a programmable thermostat to avoid the cold "wake-up" or "return from work" experience and still achieve energy savings	Install a programmable heat pump thermostat, which minimizes use of the more costly auxiliary heat. If the heat pump has a manual thermostat, the system must also have outdoor sensors to minimize auxiliary heat use	Install a programmable thermostat to avoid the cold "wake-up" or "return from work" experience and still achieve energy savings
<b>Minor equipment maintenance</b>			
	Vacuum accumulated dust from the return air grill(s)		Verify thermostat accuracy using a separate thermometer hung temporarily near each existing thermostat
	Check the furnace filter at the beginning of each heating season. Change or clean the filter every two months	Check the heat pump filter at the beginning of each heating (and cooling) season. Change or clean the filter about every two months	Keep baseboard and wall heaters clean. Turn them off at the circuit breaker panel or fuse box and at the thermostat(s) before vacuuming up dust. Use care not to bend baseboard's metal fins
		Keep the outside unit free of debris such as leaves, sticks, firewood or snow. Good clearance will keep air circulating properly	
<b>Equipment service</b>			
	Service per the manufacturer's warranty requirements or every two years		Normally require no service
		Keep an eye on the auxiliary heat indicator light. Service may be needed if this light remains on for an extended period of time	Wall heaters with internal fans should be opened and cleaned by a professional every three to five years per manufacturer's instructions



# GET RE-ENERGIZED

Whether you're building a new home, buying a new home, building an addition, or just trying to reduce your monthly energy bills, Puget Sound Energy is here to help. Our programs and services will help you take control over your home's energy use. When you Re-Energize, you take steps to live a more responsible life—starting with your home's energy footprint. PSE has the tools and information you need to make the best energy-use decisions every day.

## Rebates and incentives

- Heating systems
- Water heating systems
- Conversion to natural gas
- Insulation
- Duct sealing
- CFL and LED bulbs and fixtures
- CFL and LED bulb recycling
- Refrigerator and freezer recycling
- Clothes washers
- Showerheads
- Refrigerators
- Windows

*Rebate availability dependant on PSE service type and type of home. These are tiered services and subject to change or termination without prior notice.*

## Programs and services

### PSE's Energy Matching Programs

Support the local development and use of renewable energy including wind, solar and biomass by signing up for the Green Power program. Or offset the carbon emissions from your natural gas use with the Carbon Balance program.

### Contractor Referrals

Find a pre-screened, independent contractor for nearly any energy-efficient product upgrade or home improvement project.

### Weatherization assistance

Funding for weatherization improvements, including insulation and duct sealing, available to income-eligible customers.

### HomePrint™ Assessment

A FREE in-home service which includes the installation of CFL bulbs and practical recommendations on how to make your home operate more efficiently, provided by an independent PSE-Qualified Specialist.

**It's not just the right thing to do for our planet and community; it's the right thing to do for your life.**

**Learn more about Re-Energizing your home.**

## Other brochures from PSE

Appliances  
Lighting  
Heating  
Water heating  
Weatherization  
Home Electronics

## Contact PSE

**PSE.com/ReEnergize**  
PSE Energy Advisors  
**1-800-562-1482**  
Monday through Friday, 8 a.m. to 5 p.m.

### About Puget Sound Energy

Washington state's oldest local energy utility, Puget Sound Energy serves more than 1 million electric customers and 750,000 natural gas customers in 11 counties. A subsidiary of Puget Energy, PSE meets the energy needs of its customers, in part, through cost-effective energy efficiency, procurement of sustainable energy resources, and far-sighted investment in the energy-delivery infrastructure. PSE employees are dedicated to providing great customer service that is safe, dependable and efficient. For more information, visit [www.PSE.com](http://www.PSE.com).