

5 top tips to improve your energy efficiency

Improving energy efficiency is more than just using less energy, it requires you to become aware of how it is used, where it's wasted and how it can be utilised effectively and efficiently in everyday life.

Barry Bredenkamp, General Manager for Energy Efficiency at The South African National Energy Development Institute (SANEDI) recommends starting with a few easily attainable steps that will go a long way in establishing an energy efficiency environment in your home or business and save you money, at the same time

1. Seal leaking windows to prevent air coming in through little cracks and openings. This will also prevent cool or warm air leaving the home or office. If the power does go off in your home or business, it won't become exceedingly hot or cold, which will also prevent the unnecessary use of air conditioning or heaters.
2. Plant deciduous trees in front of windows. This will ensure that it provides some shade in summer, cooling down the home or office, whilst warming it in winter when the trees shed their leaves. It is an inexpensive and eco-friendly solution.
3. Take stock of lighting throughout your home or office and replace it with energy saving LED options. Today there are so many energy-efficient and cost-effective LED technologies available that one can easily convert from inefficient, energy-hungry lighting.
4. Convert your cooking method to LPG, (liquefied petroleum gas). A lot of restaurants have already switched over to gas and it is equally practical in the home. Traditional cooking methods drain power which is why gas is the cleaner and more energy efficient option.
5. There are various refrigerator options available that run at optimal energy efficiency. Do your homework beforehand and ensure that when you do purchase a fridge, it provides you with the best possible energy use for the money spent. Energy efficient appliance labels on the refrigerators in-store can help you to make the right decision.

Bredenkamp adds: "We no longer live in a country where we have cheap and abundant energy; establishing a society that embraces energy efficiency is a vital step. Through awareness and ultimately a mindset change, most people will be able to embark on the energy efficiency journey towards a more sustainable future."