



ENERGY SAVER WINTER CHALLENGE

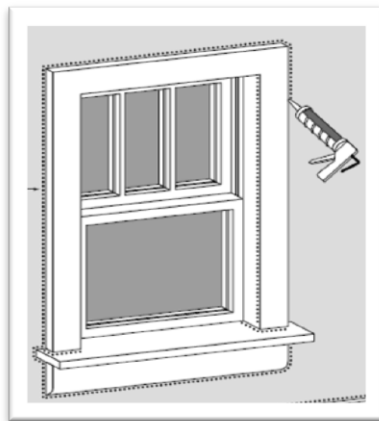
Control the thermostat

- Set your thermostat to 68 during the day when you are home. When you go to sleep, and when you are away from home, set your thermostat to 55.
- A programmable thermostat can do this for you automatically.
- Everyone should wear sweaters and pullovers inside the house.

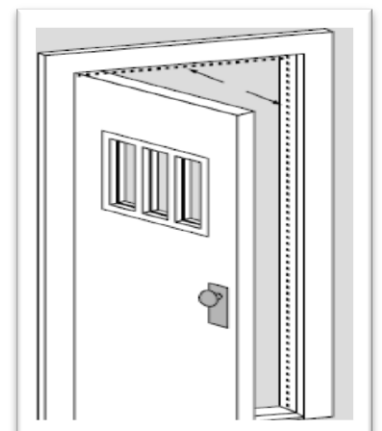
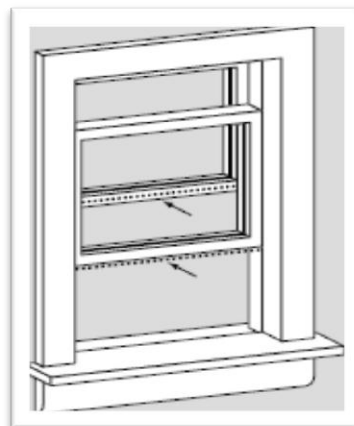
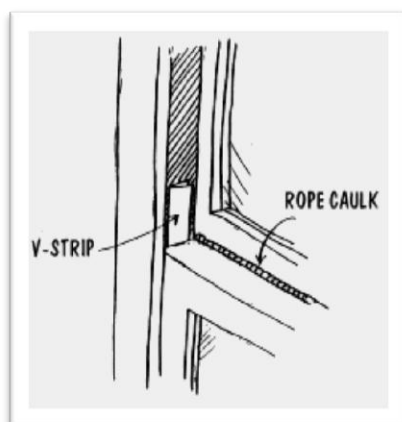


Weatherize doors and windows

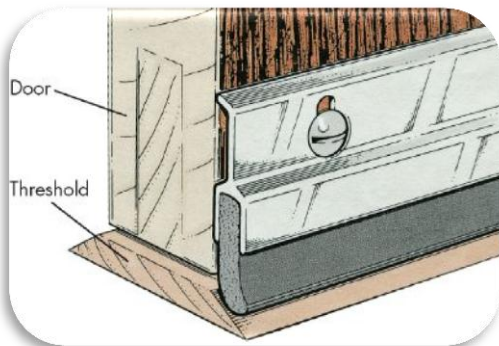
- Use silicone weatherizing caulk to seal around windows as indicated in the pictures.



- Install weatherstripping on loose windows and doors. If disturbing paint, use lead safe work practices. Keep children and pets away. Put down plastic on the floor and clean windows with soap and water when finished. Wash your hands.



- Install door sweeps on the pull side of exterior doors. You will need a screwdriver, hacksaw and measuring tape.



- Plastic window kits are a good, easy-to-install temporary solution.
- You can also cut foam insulation board to fit in windows you are not using.

Use blinds and shades to let the sun's heat in

- When the sun is shining, raise blinds and curtains
- On cloudy days and at night, keep blinds and curtains closed.

Control electricity use



- Electronics may use power even when they are not on. This is called a "Phantom Load." So unplug DVD players, printers, and other electronics when not in use, or plug them into a power strip and turn that off.
- Get rid of that extra refrigerator or freezer in the basement – it's probably an energy hog.
- A "Kill-A-Watt" electronic monitoring device can tell you exactly how much electricity each appliance is using when it is on or off.
- And of course, turn off lights when you are not using them.

Set hot water heater thermostat to 120F

Wash clothes in cold water

- Buy detergents that work with cold water.
- Try switching at least one load of laundry per week to cold water.
- You can also wash bigger loads and wear clothes more than once.

Replace furnace filter regularly

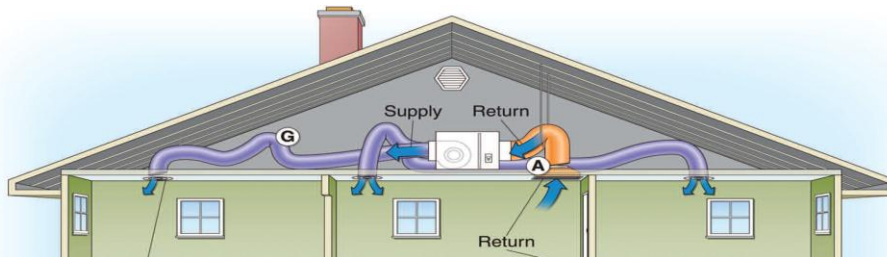
- Furnace filters should be replaced every few months.
- Gas furnaces should be professionally tuned-up every few years.

□ Install Compact Fluorescent Lights (CFLs)

- Do not use CFLs in children's rooms, or where they can easily be broken.
- If a CFL breaks:
 - Do not use a vacuum or a broom to clean up a broken CFL
 - Open a window and have everyone leave the room for at least 15 minutes
 - Shut off forced air heating / AC
 - Read detailed clean-up instructions at www.ehw.org
 - Use gloves, a piece of cardboard, sticky tape, and damp paper towels to clean up
 - Put everything in a sealed plastic bag and throw it out. Wash your hands
 - Throw out fabric that came into contact with materials from the broken bulb
- Recycle burned-out CFLs. Home Depot accepts CFLs for recycling.



□ Air seal gaps and cracks, and ducts in unconditioned spaces



- If you have ducts in an unheated attic, use duct sealer to seal the joints of the ducts
 - Use caulk and foam to seal cracks between the heated part of the house and the attic.

- Install foam outlet inserts to seal gaps around outlets
- When working with expanding foam, use gloves to protect your skin.



Insulate and air-seal rim joists

- Rim joists are located where your basement wall meets the floor above. Cut foam board insulation to fit and caulk or foam around the edges.



Insulate hot water tank

- Be extremely careful with insulating gas water heaters- follow instructions exactly or get a professional to help.
- Insulate the first 5 feet of hot water sleeves with foam sleeves. Make sure foam does not touch the exhaust on gas water heaters.

Install low-flow showerheads

- Low-flow showerheads can save you money on water-heating costs.
- You could also try taking shorter showers.

Check for and correct home health hazards

- When you are making energy efficiency improvements to your home it is a great time to also check for home health hazards such as:
 - Deteriorating lead paint
 - Disconnected dryer vent
 - Mold and moisture problems
 - Pests
 - Asbestos
 - Faulty wiring
 - Trip hazards
 - Absence of working smoke/CO detectors
 - Restricted air flow to furnace room
 - Hazardous chemicals

