

45 Ways to Save Energy, Money and the Planet!

At Work:



1. Shut off lights and appliances when you leave the room.
2. Use task lighting and shut off general and overhead lighting.
3. Change incandescent bulbs to compact fluorescent lamps (CFLs) and/or light-emitting diode (LED) lamps.
4. When possible, use natural daylight, not electric lighting.
5. Use Energy Star settings for computers, printers, copiers, and appliances to power down when idle; remember to shut them off at the end of the day.
6. Use a power strip to shut off computers, printers, speakers and mobile phone chargers when not in use.
7. Change computer and copier settings to print on both sides of the paper.
8. If possible, lower air-conditioning use by raising the thermostat. Use fans in conjunction with less air-conditioning to keep cool.
9. Replace older, inefficient appliances with Energy Star models.

At Home:



1. When possible, open windows and use fans instead of air-conditioning to keep cool.
2. If possible, lower air-conditioning use by raising the thermostat; use fans in conjunction with less air-conditioning to keep cool.
3. Hang clothes to air-dry as much as possible. When using a clothes dryer, be sure to clean the vent after each use.
4. Where possible, install air-conditioning units with a Seasonal Energy Efficiency Rating (SEER) of 18 or higher.
5. Ensure that windows and exterior doors are properly caulked to prevent cool air from leaking outside.
6. Install a timer on your water heater or turn it off at the breaker when not in use. Alternatively, install a tankless water heater.
7. In new construction projects, install double insulated windows.
8. Install or replace existing ceiling insulation with at least R19 fibreglass insulation.
9. Install radiant barrier insulation in ceilings of new construction projects or add it to existing structures.
10. Change incandescent bulbs to compact fluorescent lamps (CFLs) and/or light-emitting diode (LED) lamps.
11. Shut off lights, appliances, televisions and stereo when you leave the room.
12. Know what you want before opening the refrigerator door.
13. Use a power strip to shut off computers, printers, routers, modems and music player chargers when not in use.
14. Run the dishwasher only when fully loaded; air-dry dishes.
15. When possible, use natural daylight, not electric lighting.
16. Wash all laundry in cold water.

In your Car:



1. Plan your errands so you don't waste gasoline driving back and forth.
2. Keep your tires properly inflated.
3. Don't let your vehicle idle for long periods.
4. Accelerate slowly from a stop and do not speed.
5. Don't use your car as storage - keep it as light as possible.
6. Keep your engine properly tuned and change the oil at least twice a year.
7. Swap vehicles with family members so the most fuel-efficient car is used for longer trips.
8. Avoid downshifting on small inclines.
9. Carpool whenever possible.
10. When possible, don't use your car - walk, ride your bicycle or use public transportation.

Your Energy Efficiency Action Plan:

1. Replace your inefficient refrigerator with an Energy Star model.
2. Purchase Energy Star labelled appliances and electronics.
3. Buy Smart Strips for your electronics.
4. Install EPA WaterSense shower heads, aerators, faucets, and dual-flush toilets and fix any leaks in your plumbing.
5. Install digital timers on hot water heaters.
6. Install Energy Star tankless water heaters.
7. Replace darker roof coverings (shingles, etc.) with lighter roof coatings or other radiant barriers.
8. Shade windows from direct sunlight. Use window film.
9. When planning construction, explore energy efficient options such as air-conditioning units with high SEERs, insulation, caulking, radiant barrier, tankless water heaters, etc.
10. Install renewables such as photovoltaics or wind and take advantage of CUC's Feed-In Tariffs (FIT) Programme. Please contact a Customer Service Representative for more information on the Company's FIT Programme.



CUC encourages customers to take advantage of its Energy Smart programme, which provides helpful information that will reduce your kilowatt-hour (kWh) consumption and save you money.

For more information on our Energy Smart programme, please contact one of our Customer Service Representatives at 949-5200, e-mail service@cuc.ky or log on to www.cuc-cayman.com.