

## User Information Sheet 018 : 2010

June 2010 (Formerly UIS 018 January 2009)

### Tips on Keeping Cosy this Winter

Make sure you add a few of our tips for keeping cosy this winter to your list of things to do:

- Give your boiler an overhaul – make sure your boiler and any other gas appliances are serviced every year by a Gas Safe registered engineer.
- If your boiler is 15 years old or more it is probably time to replace it. Make sure you go for an energy efficient condensing boiler which could cut your heating bills significantly.
- Use a programmer to set when the heating and hot water come on and go off based around your routine. By heating your home and hot water only when necessary, you'll save energy and money.
- Set your thermostat at the lowest comfortable temperature - typically between 18°C and 21°C. Lowering your thermostat setting by just 1°C could save you money.
- Bleed your radiators, releasing any air trapped in them. This will improve your heating efficiency instantly as hot water can flow into every part of the radiator, so it does a better job of warming your room.
- Close all the curtains as soon as it gets dark to prevent heat escaping through windows.
- Loft insulation is a straightforward job, which you can probably do yourself in about half a day and will dramatically cut the heat lost from your home. And insulate your hot water tank by fitting it with a thick jacket – the thicker the better - this can reduce heat loss by up to 75 per cent.
- Consider an LPG portable heater for on the spot warmth in large rooms or areas without central heating, for example conservatories and extensions.

For more information please go to: [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)