

## ↓ *Kilowatt Countdown* ..... *Lighting Checklist*

- Open the blinds or curtains!
- Take advantage of daylight by using light-coloured, loose-weave curtains on windows to allow daylight to penetrate while preserving privacy.
- Rearrange furniture to make best use of daylight.
- Lighter coloured interiors make the most of natural daylight as well as other lighting.
- Use one light for one person.
- Place floor or table lamps in corners, allowing reflection from both walls.
- Go to bed earlier and get up earlier to make best use of daylight hours.
- A skylight brings more sunshine to darker areas, but a domed 'solar tube' will conduct light indoors without the heat loss or gain of a skylight.

### **Using Incandescent Lights Most Efficiently**

- Of the energy entering an incandescent bulb, 90% is immediately turned to heat. Turn off lights when not in use, which also reduces cooling load in summer. Contrary to popular belief, less energy is consumed when lights are turned on and off than if a light is left on all the time.
- Only use timers when away for evenings or vacations, as timers also draw power.
- Periodic cleaning of desk lamps and light fixtures can save up to 15% of lighting energy (*City of Kingston*). Clean them with power off.
- Turn off ceiling lights and use task lighting wherever possible. Use table lamps, track lighting, and under-counter lights in work and hobby areas as well as in kitchens.
- Consider using dimmers in areas where full lighting is not always required. Install solid-state dimmer switches. Avoid rheostatic switches; they cost less to buy, but regulate the strength of an electric current by introducing different levels of resistance into the circuit rather than reducing the flow of current itself.
- Incandescent light bulbs advertised as "long life" or "extended life" may last a long time, but emit up to 30 % less light using same amount of energy.

### **Fluorescents**

- Replace heavily used incandescent bulbs with ENERGY STAR<sup>®</sup> compact fluorescent bulbs (CFLs). They use four times less energy and last eight times longer. (Standard CFLs must never be used with dimmer switch fixtures; use specially designed and marked dimming CFLs).
- For spot lighting, consider CFLs with reflectors. Lamps range in wattage from 13-watt to 32-watt and provide a very directed light using a reflector and lens system.
- When out of a room for more than 10 minutes, switching off a fluorescent light will save energy and lamp life.
- Install fluorescent tube fixtures for general lighting in kitchens, laundry or utility areas for even more efficiency than compact fluorescent lamps, and longer life.

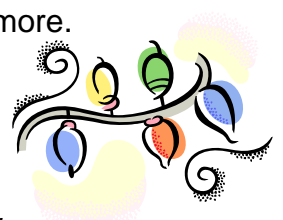
- For tube fluorescent lighting, a magnetic ballast might use 100W to power two 40W tubes, while a newer electronic one might use only 60W (also generating less heat, so saving on cooling).
- When remodeling or planning a new home, install fluorescent fixtures where design permits.
- Fluorescents (both compact and tube) contain mercury. Dispose at a hazardous waste facility.

### Other Choices

- Consider actual lighting fixtures too. ENERGY STAR® endorses a wide range of indoor and outdoor models specially designed for use with CFLs.
- Halogen bulbs are similar to incandescents, but produce a whiter light. They use an average of 40% less electricity, last two to four times longer, and are available in spot or flood types (*Hydro One*). Low-voltage halogen PAR lamps are small, lightweight, and provide precise control of the light beams, but draw power even when not in use. Unplug them then.
- However, replace halogen torchiere lamps, (which can produce temperatures of 950 to 2000 F degrees!) with compact fluorescent torchieres. Fluorescent torchieres use 60% to 80% less energy, but produce more light and less heat (*Con Edison*).
- LEDs (light emitting diodes) make excellent nightlights and outdoor walkway lamps.
- Consider using a LED headlight for reading in bed. The newest are solar-powered.

### Outdoors

- For floodlights, the most efficient are high-pressure sodium. High-pressure sodium lamps use 70% less energy than standard incandescent floodlights and last up to 10 times longer (*Energy Hawk*). Or try cold-start compact fluorescent or metal halide lights.
- Use solar-powered lights for walkways, patios and gardens. Some have motion sensors.
- Switch Christmas lights to LEDs. Even though more expensive, benefits outweigh cost. LED bulbs last 200,000 hours, approximately 23 years of continuous use.
- Put outside lights on a day/night sensor if you can't remember to turn them off in the morning. Timers draw power as they wait to turn lights on.
- Use motion sensors on outdoor security lights. Be sure to read package instructions carefully to determine if home wiring can handle a motion sensor.
- A combined photocell and motion sensor increases energy savings even more.
- Turn off decorative outdoor natural gas lamps; just eight such lamps burning year round use as much natural gas as it takes to heat an average-size home all winter (*Con Edison*).



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