

## ↓ Kilowatt Countdown ..... Standby Losses Checklist

Some household equipment draws power even when turned 'off,' accounting for up to 20% of home power consumption (Carbon Buster's Home Energy Handbook, Stoyke).

- Use a watt meter to check for standby losses. Check any equipment that stays warm after it has been turned off for a while, and those with a black power block (transformer) at the outlet. Some transformers use the same amount of power even if they are not plugged into the appliance, but are still plugged into the wall. Unplug as necessary:

<input type="checkbox"/> colour television sets	<input type="checkbox"/> telephone answering machines	<input type="checkbox"/> night lights
<input type="checkbox"/> cable boxes	<input type="checkbox"/> desktop computers	<input type="checkbox"/> plugged-in electric toys
<input type="checkbox"/> modems	<input type="checkbox"/> printers	<input type="checkbox"/> game machines
<input type="checkbox"/> digital satellite systems	<input type="checkbox"/> photocopiers	<input type="checkbox"/> speaker systems
<input type="checkbox"/> DVD players	<input type="checkbox"/> wireless phone chargers	<input type="checkbox"/> iPod chargers
<input type="checkbox"/> DVD recorders	<input type="checkbox"/> cell phone chargers	<input type="checkbox"/> video camera chargers
<input type="checkbox"/> fax machines	<input type="checkbox"/> wired hubs and routers	<input type="checkbox"/> stereos
<input type="checkbox"/> VCRs	<input type="checkbox"/> wireless hubs and routers	<input type="checkbox"/> boom boxes
<input type="checkbox"/> halogen light adapters	<input type="checkbox"/> shredders	<input type="checkbox"/> battery-powered tools
<input type="checkbox"/> microwave ovens	<input type="checkbox"/> laptop chargers	<input type="checkbox"/> LCD monitors
<input type="checkbox"/> portable vacuum cleaners	<input type="checkbox"/> portable toothbrushes	<input type="checkbox"/> CRT monitors
<input type="checkbox"/> digital video recorders	<input type="checkbox"/> battery chargers	<input type="checkbox"/> blood pressure monitors
<input type="checkbox"/> cordless phones	<input type="checkbox"/> photocopier with paper sorter	<input type="checkbox"/> hair/beard trimmers
<input type="checkbox"/> shavers, men's and women's	<input type="checkbox"/> projection television sets	<input type="checkbox"/> security systems
<input type="checkbox"/> garage door openers	<input type="checkbox"/> hand held massagers	<input type="checkbox"/> doorbells
	<input type="checkbox"/> clock radios	<input type="checkbox"/> Blackberry chargers

- A power bar is the most practical way to switch off VCR, TV and DVD player stand-by losses, cutting off all three devices at once. If waiting is a concern, put receiver on a timer for desired viewing time.
- Buy ENERGY STAR® appliances with very low standby energy consumption. Details can be found in product manuals and can be checked before buying. Or look for it on specialized websites.

### .....Other Checklist

*In winter, Ontario's greatest electricity demand usually occurs from 4 to 9 p.m. Try switching non-essential chores to off-peak times between 9 p.m. and 7 a.m.*

- Fans in gas or oil furnaces consume about 13% of a home's electricity (London Hydro). Keep furnace clean and in good repair. Replace filter once a month during winter. Have it serviced regularly.
- When buying gifts, choose those that don't plug in.
- When buying children's toys, choose those that don't plug in.

- Use hair dryers sparingly and don't use maximum heat setting.
- Select appliances (i.e., curling irons, irons) with time-limited shut off switches.
- Make sure to make waterbeds every day, as covers help to insulate.
- Turn off electric blankets when not in bed (a timer can be helpful for the forgetful).
- Turn off kitchen, bath and other exhaust fans within 20 minutes after cooking or bathing.
- Replace older exhaust fans with high-efficiency, low-noise models.
- Some new bathroom fans have an automatic humidity sensor that runs fan just long enough to remove excess moisture, then turns itself off.
- Run a dehumidifier only as a last resort. Instead, install exhaust fan for shower, fix plumbing leak, vent dryer outdoor, or add vapour barrier over dirt crawlspace etc.
- Use a heat tape only as a last resort to keep pipes from freezing. Instead, seal off drafts and cold air at the source.
- Ensure fans used in hood or downdraft vents are not too large, wasting energy unnecessarily.
- Avoid using steam vapourizers as much as possible.
- Unplug unnecessary extra phones.
- Rather than leaving it on all night, use a timer to start car block heater 1 to 2 hours before leaving. Even better, go out and plug it in then.
- Look for high quality, two-stage electronic battery chargers for the best efficiency.
- Keep an aquarium in a warm room to reduce size of heater needed. Also, use a fluorescent rather than incandescent aquarium light.

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