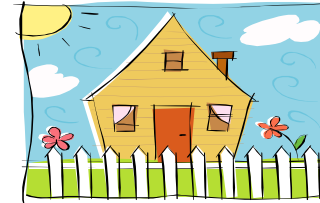


# Home Energy Self-Audit Checklist



**This guide provides you with a simple, step-by-step process that allows you to assess the way you use energy in your home.**

**By completing the attached checklist you will be able to identify areas where you can realistically make changes to the way you use energy – and save!**

## **How to conduct your audit:**

1. Allow around one hour
2. Work through the checklist from A to G, going from room to room
3. Circle the description that closest describes the way that you use energy
4. Add up your stars and add them to the Table H. Energy Action Summary (★ = 1, ☆ = ½)
5. Refer to the Suggested Actions Summary column and your Home Energy Audit Booklet
6. Transfer the suggested actions to Table H. Highlight areas that you realistically think you can make changes and note the questions that you may have OR list the changes you have already implemented on Table I - Energy Improvement Summary

**A. Water heating, shower, bath and taps**

How do you use energy?	Your energy use is closest to...			Notes and suggested actions
	High energy use	Moderate energy use	Energy efficient	
What type of water heater do you use?	Electric storage 0	Gas ★	Solar, 5-star gas or heat pump ★★★★★	If you need a new hot water heater, look at solar or 5-star gas systems
Check your hot water temperature (1)*	65°C or more	62°C ★	60°C ★★	Australian Standards require hot water heaters to be set at no less than 60°C. Instantaneous gas water heaters can be set to lower temperatures. Internal thermostats require adjustments by a qualified tradesperson. Set thermostats between 60-65°C. Turn off your system (including the pilot light) when you go on holidays
What is your shower's hot water flow rate? (2)	Greater than 15 litres per minute	12 litres per minute ★	Less than 9 litres per minute ★★	Install a AAA rated shower head.
How do you shower and bathe?	Long showers and deep baths	Showers only, shallow bath ★	Short showers (less than 3 minutes) ★★	A bath can use over 100 litres of water. A short shower can use less than 30 litres
Is there insulation (lagging) on your hot water pipes?	None 0	Some (eg. the first metre only of the hot water pipe) ☆	Lagging on cold and hot pipes ★	Insulate exposed copper pipes with rubber tubing (lagging) which reduces heat loss before it gets to the where you use it. Pipes that are too hot to touch require lagging
<b>Your total</b>				<b>Total =        / 11</b>

- (1) *If you don't know your thermostat setting place a thermometer under running hot water closest to the water heater, then add 3 degrees if you don't have lagging. This will tell you how hot the water is within the heater before it gets to your taps*
- (2) *Capture water in a bucket in ten seconds, and then multiply the volume by six. Remember to use the water on your garden*

**B. Clothes washing and drying**

How do you use energy?	Your energy use is closest to...			Notes and suggested actions
	High energy use	Moderate energy use	Energy efficient	
What water temperature do you use?	Always hot or warm	Sometimes warm ★	Always cold ★★	Most of the energy used in washing clothes comes from heating the water. Change to a cold water powder/detergent. If you need a new washer choose an energy efficient unit with a cold water option. Fill your washing machine up with water from a tap and bucket before turning it on. Install aqua-locks and tap aerators on washing machines. Front loaders are best
How do you dry clothes?	Always use the dryer	Sometimes use the dryer ★	Always dry on clothes line or on racks ★★	Use the dryer less. Use an extra spin dry before using the dryer. If you need a new dryer choose an energy efficient unit
<b>Your total</b>				<b>Total =        / 4</b>

## C. Fridges and freezers

How do you use energy?	Your energy use is closest to...			Notes and suggested actions
	High energy use	Moderate energy use	Energy efficient	
Do you have a second fridge or freezer?	Always running	Only running when needed ★★	No second fridge or freezer ★★★	Use your second fridge only when needed. Old units are less efficient than newer ones. If you want to upgrade, choose the most energy efficient version available. Install a timer on your beer fridge
Where are your fridge(s) and freezer(s) located?	In a hot spot, exposed to direct sunlight or next to cooking areas	In a warm part of the house ★	In a cool part of the house ★★	Locate fridges and freezers in cool areas away from sunlight and stoves
Check your fridge and freezer temperature (3)	Running at less than 3°C	Frosts up occasionally ☆	Fridge does not frost up ★	The recommended operating temperature for a fridge is 3°C to 5°C and for freezers is -15°C to -18°C. Adjust the thermostats to achieve these temperatures. If you need a new fridge or freezer choose an energy efficient model
Are your fridge and freezer well ventilated?	No air gaps on either the top or the sides	Some air gaps ☆	Plenty of ventilation spaces around fridge and freezer ★	Fridges/freezers need gaps to disperse excess heat. Wipe dust off exposed coils. Ensure door seals are in tact and doors shut automatically
<b>Your total</b>				<b>Total =     / 7</b>

(3) To measure your temperatures place the thermometer at the back and bottom of the fridge and freezer for two minutes

**D. Insulation, shading and draught proofing**

How do you use energy?	Your energy use is closest to...			Notes and suggested actions
	High energy use	Moderate energy use	Energy efficient	
Is your home insulated?	No	Ceiling ★★2	Ceiling and walls ★★★	Insulation is measured by its thermal resistance. Install insulation
Do you have shading on north facing windows?	None	Some ☆	Shades summer sun only ★★	Well designed eaves shade summer sun while allowing winter sun in. Alternatively, install external blinds/pergola eaves
Do you have shading on east and west windows?	None	Some ☆	Well shaded in summer ★★	Install blinds, eaves or plant trees that provide shade in the summer. Trim vegetation in winter to allow in more natural light
Do you have curtains and pelmets over living room window?	None	Good curtains ☆	Good curtains and pelmets ★★	Heavy lined curtains and pelmets help keep heat in during winter. Pelmets (covers over the top of curtains) are important to stop draughts caused by airflow between windows and curtains
Are there draughts from external doors, windows? (4)	Large gaps	Some gaps ☆	No gaps ★★	Use special door and window seals. Use door snakes. Seal around skirting boards, ceilings and unused vents. Close chimney vent flues when not in use
<b>Your total</b>	<b>0</b>			<b>Total =     / 10</b>

(4) Look for daylight under and around doors or use a lit incense stick and watch for the smoke to move around rather than rise vertically

**E. Heating and cooling**

How do you use energy?	Your energy use is closest to...			Notes and suggested actions
	High energy use	Moderate energy use	Energy efficient	
How much of your home do you heat and cool?	Whole house	All living spaces ☆	Only rooms that people are in ★★	Only heat rooms that you are currently using. Close doors between rooms not being used
What do you use for heating?	Ducted whole of house or many electric heaters	Single room heater ★	To warm clothes and occasionally to warm rooms ★★	Ducted air conditioning, electric bar heaters and fan blowers can be very expensive to run. Wear warm clothes. Turn heaters off when you go to bed. Set thermostats between 18-21°C. Best options are; solar, then gas instantaneous, then gas storage
What do you use for cooling?	Ducted whole of house	Single room air conditioner ☆	Ceiling fans and night breezes ★★	Ceiling fans can significantly improve comfort and work well with air conditioners. Make sure you reverse the fan direction in winter. Evaporative coolers are cheaper to run than refrigerative air conditioners. High efficiency, zoned systems and evaporative AC units are best. Set thermostats between 25-27°C
What is your living room temperature during winter?	24°C or more	22°C ☆	20°C or less ★	Lowering the thermostat of heaters by one degree can reduce energy use by 10%
What is your living room temperature during summer? (5)	21°C or less	23°C ☆	25°C or more ★	Raising the thermostat of cooling systems by one degree can reduce energy use by 10%
<b>Your total</b>	<b>0</b>			<b>Total = / 7</b>

(5) Place a thermometer near where you spend most of your time. If you can read the thermostat setting on your heater/cooler it may be different to the temperature where you sit to watch TV for example

**F. Lighting**

How do you use energy?	Your energy use is closest to...			Notes and suggested actions
	High energy use	Moderate energy use	Energy efficient	
What types of lights do you have?	Incandescent or halogen lights 0	Some fluorescents ☆	Mainly fluorescents ★	Fluorescent lights use much less energy than incandescent globes or halogen “down lights”
Do you regularly turn off lights?	Lights left on all the time	Lights occasionally turned off ☆	Lights are turned off when no one is in the room ★	Fluorescent light can be linked to motion sensors to light come on when people come near them
<b>Your total</b>				<b>Total = / 2</b>

**G. Standby, cooking and other**

How do you use energy?	Your energy use is closest to...			Notes and suggested actions
	High energy use	Moderate energy use	Energy efficient	
Do you have a pool?	Heated, with filter always running	Solar, or not heated, filter runs for 6 hours a day and regularly cleaned ★	No pool ★★★	Consider a solar pool heater and blanket. Keep filters clean. Salt water chlorinators can double energy use
Do you heat your beds?	Waterbed	Electric blanket turned on just before bed time ☆	No heating ★★	Waterbeds are very costly to run. Make your bed each day to reduce heat loss if electric blankets are on timers. Turn blankets off as you go to bed
What are your main forms of cooking?	Electric stove and oven	Occasionally microwave ☆	Microwave and/or gas cooker ★	Choose microwave and gas cooking. Ensure ovens have good seals. Place lids of saucepans and pots
How do you turn off your appliances?	Turn on and off with a remote control	Sometimes turn off at the wall ☆	Turn off at the wall most of the time ★	Appliances with standby modes are still using electricity. Turn these appliances off at the wall when not in use or install timers
Do you have a computer? If so, how do you turn computers and screens off?	Left on for long periods	Use energy/sleep features ☆	Monitor and PC turned off at the wall/ don't have computer ★	Most modern computers can be set onto a 'sleep' mode when not in use for a period of time. Turn computers off at the wall when not in use. Screen saver does not save energy
<b>Your total</b>				<b>Total = / 7</b>

**H. Energy Action Summary**

	Energy Use	Your score	What you can do	By when	Completed?
A	Water heating, shower, baths and taps	/ 11			
B	Clothes washing and drying	/ 4			
C	Fridges and freezers	/ 7			
D	Insulation, shading and draught proofing	/ 10			
E	Heating and cooling	/ 7			
F	Lighting	/ 2			
G	Standby, cooking and other	/ 7			

**I. Energy Improvement Summary**

	Energy Use	Your new score	What did you do?	How much spent?	Improvement?
A	Water heating, shower, baths and taps	From / 11 to / 11			
B	Clothes washing and drying	From / 4 to / 4			
C	Fridges and freezers	From / 7 to / 7			
D	Insulation, shading and draught proofing	From / 10 to / 10			

E	Heating and cooling	From	/ 7		
		to	/ 7		
F	Lighting	From	/ 2		
		to	/ 2		
G	Standby, cooking and other	From	/ 7		
		to	/ 7		

Sources: *Energy Australia website [www.energy.sa.gov.au](http://www.energy.sa.gov.au); Moreland Energy Foundation; Sustainable Energy Foundation of Victoria*