

ENERGY CONSERVATION

ការសន្សំថា  
ENERGY  
ឲ្យរួចចាក

1. កំដៅ គួរ
2. បំប្លែង គ្រឿង
3. ចំរើន
4. គ្រឿង / គ្រឿង
5. កំដៅ គួរ
6. កំដៅ
7. គ្រឿង
8. ការសន្សំ / កំដៅ
9. គ្រឿង សំរាប់ គ្រឿង
10. សំរាប់ គ្រឿង សំរាប់

ENERGY CONSERVATION





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- ◆ පිරිසිදු කිරීමේදී උෂ්ණත්වය වැඩිවීම (FLUORESCENT)
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## ENERGY

An awareness of the energy you use, and what is wasteful or unnecessary, can help reduce the energy consumed. Each product, process, and service comes with built-in energy costs. Here are some ways to conserve energy (and money!) in and around the home.

Saving on your energy bill is as simple as reducing either the wattage or the time you use each item. Buy durable, energy-efficient products, and only those that are needed. Use more muscle-power.

Learn how to read gas and electric meters, and check often to see how much your family is reducing consumption.

Set your priorities. Home heating and cooling, and water heating, use about 75% of energy consumed in the home, so improvements here can make a big difference in your utility bills. Small appliances are small users, but they do add up.

### HEATING

- Check door thresholds
- Check weatherstripping around doors and windows
- Is your attic insulation at least 10 inches thick (R-38)?
- Install storm doors and windows
- Caulk around window and door frames
- When the sun is shining open window blinds, shades, and curtains
- Try to keep opening of outside doors and windows to a minimum
- Keep all heat outlets and cold air return registers free from obstruction
- Set thermostat at 68° daytime, 60° night time, or lower
- Close fireplace damper when not in use
- Insulate your body with warmer clothing
- Close heating registers and doors to unused rooms
- Be sure attic is closed off from rest of home
- Change or clean your furnace filter as needed
- Have a furnace expert check your furnace at least once a year
- If you're going to be away for a few days, lower your thermostat about five to ten degrees. If you plan a winter vacation for a long period of time, lower the thermostat to approximately 55 degrees.

### COOLING

- Set air conditioner temperature at 78° or higher
- Use room window and attic fans
- Shade windows from direct sun
- Dress for higher temperatures

### COOKING

- Use pans with smooth, flat bottoms
- Match the burner to the size of the pan
- When boiling vegetables use little water
- Defrost foods before cooking to save fuel in cooking them

- Use a lid in all pot boiling
- Use the proper heat setting
- Pre-heat your oven only as long as necessary
- Use small appliances that you already have when possible
- Open your oven door as few times as possible
- Bake several items at a time

### REFRIGERATOR/FREEZER

- Avoid opening door, or holding it open unnecessarily
- Defrost when frost is 1/4 inch thick
- Locate away from heat sources
- Check door gasket for tight seal
- Frost-free models use about 50% more energy
- Partially cool hot food before refrigeration
- Keep freezer full, but not overloaded

### WATER HEATING

- Be sure no water faucets drip
- Check thermostat setting of your water heater. A temperature of 140° is sufficient for normal use
- Flush out your water heater once a month. Turn on the faucet at the bottom until water runs clean, free of rust and lime
- Don't keep hot water running. Fill the basin
- When washing clothes, try to do only full loads and use cold water rinse
- Short showers instead of baths can save up to 50% of hot water used for this purpose
- When washing dishes by hand, rinse all dishes in container of water

### LIGHTING

- Turn incandescent lights off when not in use
- Turn fluorescent lights off if it will be off more than 15 minutes
- Use fluorescent lights when possible
- Use low wattage lights when possible

#### LAUNDRY

- Wash full loads
- Take care of clothes so fewer launderings are necessary
- Avoid over-drying in the dryer.
- Line dry laundry when possible.
- Reduce ironing by selecting no-iron clothing, and remove from dryer promptly.

#### RECREATION/ENTERTAINMENT

- Make your own entertainment
- Vacation close to home.
- Turn off radio, TV, stereo when not in use.
- Disconnect instant-on TV when not using regularly

#### FAMILY AUTO

- Travel only when necessary.
- Walk, bicycle, or use public transportation whenever possible.

- Drive at moderate speed
- Drive smoothly with gradual starts and stops
- Keep engine well-tuned and tires properly inflated
- Combine errands by careful planning.
- Carpool whenever possible.
- Use car air conditioners sparingly.

#### COMMUNITY ACTION

- Encourage businesses to stay open reasonable hours (not 24 hours).
- Support public transportation
- Work for bicycle lanes.
- Support energy-wise legislation.
- Discourage unnecessary public lighting.
- Promote economy of design in everything.
- Discourage waste. Encourage recycling.
- Encourage and support industry conservation measures.

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