

Energy saving tips

Energy saving done easy – the Techem tips

Energy is a topic that concerns us all. The higher the price for electricity, oil and gas, the more is it worth lowering consumption. The best way to do that depends in part on the age, the installation and the level of modernisation of the property.



Energy saving using ventilation systems

Something already built-into a passive house can also efficiently lower energy in a low- energy house – a ventilation system. It guides the used air via a heat exchanger that transfers the heat from the exhaust air to the inlet air. The fresh air therefore needs less energy to heat up. In addition to this, even more energy can be saved by correct ventilation: Outside of the heating period, good-old „manual ventilation“ is recommended, because this saves electricity for operation of the ventilation system.



Correct ventilation

Because the overwhelming majority of us do not have ventilation systems, the following applies: Create a draught! First turn down the radiators then open the window. Just a few minutes are enough to allow fresh air back into the apartment without losing too much valuable heat.



Energy saving in your sleep

It doesn't get easier than this- saving energy in your sleep! Because at night, the apartment can be much cooler. The same applies if you are away for a long time. But don't let the rooms cool down completely, because heating them up again then costs too much energy.



Leave radiators clear

Curtains or furniture in front of radiators have an insulating effect. This means you are using energy but the room still doesn't get warm. The radiator in the bathroom should therefore never be used for permanently draping towels or even for drying clothes.



Seal or replace old windows

Especially in older buildings, untight sealing develops at the window joints. You can detect these by holding up a candle and noticing where the candle starts to flicker. You should take the immediate measure of re-sealing the affected joints. In the long term, a completely new window will be worthwhile.



Saving energy behind closed doors

It is convenient, but expensive if you leave all doors open in the house. Because then you heat the whole apartment evenly – even if, for instance, you aren't in the bedroom during the day. Better: Close doors and only heat the rooms you are using.



Observe correct humidity

Plants and air humidifiers increase a sense of well-being. We sense humid air as warmer and there is a reduction in the dispersion of troublesome dust particles. But: Too much humidity is also bad, because there is a risk of mildew. You should therefore always air the room well after a bath, shower or cooking.



Energy saving with water

Careful hot-water consumption also provides good ways of saving energy. There are economical taps as well as energy-efficient washing machines and dishwashers.



Regularly aerate radiators

Optimum use of energy is only guaranteed when the water can circulate freely in the heating system. Do your radiators gurgle? Then you should let the air out of them.



Every degree counts

A good two-thirds of the total energy costs of a household are spent on heating. This is therefore where most money can be saved. Just one degree room temperature lowers the cost by an average of around six percent.



Energy saving with Techem

Additionally, there are really professional ways to save energy. The entire offer of services from Techem is therefore all about saving energy. Here you can find even more from us on the topic of saving energy:

www.techem.de/energiemanagement

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