



Consumers

CONSERVATION TIPS

RADIOS

- Turn off your radio when watching the TV.
- Use radios powered by batteries instead of electricity.
- Did you know that some cell phones have radios which use less energy?
- Use the radio on your cell phone (if installed), and is convenient. *(Ensure that you unplug cell phone chargers when not in use – these can leak electricity.)*

TELEVISION SETS

Switch off TV sets completely when not in use; do not leave in standby mode.

REFRIGERATORS

- Keep refrigerator thermostats between 3 & 4 for efficiency.
- Decide on what you want out of the refrigerator before opening – standing in-front while door is open waste energy.
- Use vacuum flasks/coolers/ice boxes to cool drinks and avoid opening refrigerators too often. *(Decide on what you need before opening the fridge.)*

AIR CONDITIONERS

- Instead of turning on the air-conditioning unit, use a fan, or better still, try opening windows and doors to allow in fresh air.
- Use as much natural lighting as possible by pulling away curtains/drapes/blinds to allow in sunlight.
- Turn off or unplug where feasible, all lights/appliances which are not in use.



A message from the Scientific Research Council

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