Savings and statistics
Media factsheet 2012–13

These are saving statements and statistics produced and owned by the Energy Saving Trust, all correct as of December 2012 and valid for 2013.

Conditions of use

These can be used in media communications provided:

- the Energy Saving Trust is referenced as the source
- the figures are not used to insinuate any endorsement of a particular product
- the appropriate caveat is used to accompany the statement (see below).

Caveats

Caveat for insulation, heating and behaviour savings

Based on a typical three-bedroom semi-detached gas heated house, with an 80% efficient gas boiler and average gas tariff of 4.64p/kWh and electricity tariff of 15.32p/kWh; correct as of December 2012 and valid for 2013.

Caveat for appliances, domestic computer, consumer electronics and lighting savings

Based on an average electricity price of 15.32p/kWh; correct as of December 2012 and valid for 2013.

Caveat for transport savings

Based on an average petrol price of 139.2p/litre and diesel price of 143.49p/litre; correct as of December 2012 and valid for 2013.

Caveat for water savings

Based on a gas-heated house, with an 80% efficient gas boiler and average gas tariff of 4.64p/kWh and electricity tariff of 15.32p/kWh. Water meter bill savings are based on an average combined sewerage and water tariff of £2.73 per cubic meter of water consumed, correct as of December 2012 and valid for 2013.

Whole house saving

By being more energy efficient an average UK property could save £325 a year*

**Please note this average is calculated from a saving for the whole of the UK divided by the number of properties across the UK. Therefore this saving does not a single property but an average across a combination of properties types. The saving is based on all remaining properties that have the potential to installing adequate cavity wall insulation, loft insulation, efficient boilers, draught insulation switching to low energy lighting, upgrading to energy efficient appliances and adopted a full range of energy efficient behaviours consistently over a year.*

Around £83 savings is attributed to insulation, £57 to heating upgrades, £60 to switching to low energy lighting, £17 to efficient appliances and over £100 for behaviours which include some hot water saving measures. All prices are correct as of January 2013.

Insulation savings

- Insulating a loft with no insulation at all with 270mm of new insulation could save up to £180 and 730kg of carbon dioxide a year.
- Topping up your loft insulation from 100mm to 270mm could save around £25 and 110kg of carbon dioxide a year.
- Cavity wall insulation could save up to £140 and 560kg of carbon dioxide a year.
- Internal solid wall insulation can save around £460 and 1,800kg of carbon dioxide a year.
- External solid wall insulation can save around £490 and 1,900kg of carbon dioxide a year.
- Draught-proofing windows and doors can save around £30 and 120kg of carbon dioxide a year.
- Solid floor insulation could save around £60 and 240kg of carbon dioxide a year.
- Installing C-rated double glazing in an entirely single-glazed home could save around £165 and 650kg of carbon dioxide a year.
- Installing Energy Saving Trust Recommended double glazing in an entirely single-glazed home could save around £170 and 680kg of carbon dioxide a year.
- Installing secondary glazing in an entirely single-glazed home can save around £105 and 420kg of carbon dioxide a year.
- A chimney draught excluder can save around £19 and 80kg of carbon dioxide year.
- Hot water tank insulation can save around £45 and 170kg of carbon dioxide a year.
- Insulating pipes that are exposed within your house could save you around £15 and 60kg of carbon dioxide a year.

Heating savings

- Upgrading your old electric storage heaters to modern slim line or fan storage heaters could respectively save you around £120 or £180 a year.
- Reflective radiator panels could save around £8 and 30kg of carbon dioxide a year.
- Replacing an old G-rated boiler with an A-rated boiler with a full set of heating controls could save around £310 and 1,200kg of carbon dioxide a year.
- Installing a room thermostat could save you around £70 a year and 280kg of carbon dioxide a year.

Energy-efficient behaviour savings

- A smart meter or energy monitor with in-home display can help householders cut electricity use by at least 5%, by increasing awareness of their use.
- Switching appliances off rather than leaving them on standby could save between £50 and £90 and up to 310kg of carbon dioxide every year.
- If every household in the UK switched off and avoided standby it could collectively save around £2 billion every year, and save enough carbon dioxide to fill Wembley Stadium 23 times.
- Turning down your thermostat if it is set too high could save around £65 a year on heating bills and 260kg of carbon dioxide.
- Washing clothes at 30 degrees uses around 40 per cent less electricity over a year than washing at higher temperatures.
- Washing clothes at 30 degrees uses around a third less electricity over a year than washing at 40 degrees.
- Washing clothes at 30 degrees rather than higher temperatures could save around £13 a year on energy bills and around 43kg of carbon dioxide.
- If everyone in the UK washed their clothes at 30 degrees instead of higher temperatures, collectively we could save around £190 million (around 640,000 tonnes of carbon dioxide). This is enough electricity to power over 340,000 homes for a year or to power the UK's street lighting for seven months.
- Only filling the kettle up with as much water as you need could save around £8 in energy bills a year.
- If everyone boiled only the water they needed every time they used the kettle, we could save enough electricity in a year to power the UK's streetlights for two months. This is equivalent to the electricity used by around 120,000 households for a year.
- Turning off your lights when you don't need them could save you around £8 a year and 25kg of carbon dioxide.
- If you've already replaced all your remaining standard bulbs (GLS) with energy-saving bulbs (CFLs) then turning off lights when not in use can save you around £4 a year and around 10kg of carbon dioxide.
- You can save on average £20 a year on your electricity bill, and 65kg of carbon dioxide, by line drying clothes instead of using a tumble drying during the summer months.
- If everyone in the UK line dried their clothes during the summer instead of using a tumble drier it would save as much as £248 million a year – reducing electricity consumption by 1,600 Giga Watt hours.

Appliance savings

- Upgrading an old D-rated oven to an Energy Saving Trust Recommended oven model could save you around £13 and 41kg of carbon dioxide every year.
- On average replacing a 12-year-old chest freezer with a new Energy Saving Trust Recommended model will save you around £24 in energy bills and 75kg of carbon dioxide each year.
- On average replacing a 12-year-old upright freezer with a new Energy Saving Trust Recommended model will save you around £25 in energy bills and 80kg of carbon dioxide each year.

- On average replacing a 12-year-old fridge with a new Energy Saving Trust Recommended model will save you around £17 in energy bills and 55kg of carbon dioxide each year.
- On average replacing a 12-year-old fridge freezer with a new Energy Saving Trust Recommended model will save you around £37 in energy bills and 115kg of carbon dioxide each year.
- On average replacing a 12-year-old tumble dryer with a new Energy Saving Trust Recommended model will save you around £21 in energy bills and 70kg of carbon dioxide each year.
- On average replacing a 12-year-old dishwasher with a new Energy Saving Trust Recommended model will save you around £7 in energy bills and 25kg of carbon dioxide each year.

Domestic computer savings

- Replacing an average desktop computer with a new Energy Saving Trust Recommended desktop computer could save around £13 and 42kg of carbon dioxide every year.
- An Energy Saving Trust Recommended Desktop uses on average around 60% less energy than the average desktop computer.
- Replacing an average laptop computer with a new Energy Saving Trust Recommended laptop computer could save around £1 and 4kg of carbon dioxide every year.
- An Energy Saving Trust Recommended laptop uses on average around 27% less energy than the average laptop computer.
- Replacing an average desktop computer and monitor with a new Energy Saving Trust Recommended laptop computer could save around £26 and 84kg of carbon dioxide every year.

Lighting savings

- In 2011, UK households spent around £1.3 billion on electricity to run their lighting.
- On average, UK households spend around £90 a year on electricity to run their lighting.
- If you still use a 60W incandescent bulb in your lounge, replacing it with an energy-efficient 15W CFL can save up to £9 per year.
- Depending on how long your lights are in use every day, an energy-saving light bulb can save you around £2 to £9 every year.
- Replacing a traditional light bulb with an energy-saving light bulb saves on average £50 in electricity over the lifetime of the energy-saving bulb.
- Replacing a 60W traditional light bulb with a 15W energy-saving light bulb can save around £130 in electricity over its lifetime.
- By replacing all the remaining standard (GLS) bulbs in your home with energy-saving light bulbs (CFLs) you could save around £35 a year from your energy bills, and 111kg of carbon dioxide.
- By replacing all the remaining standard (GLS) bulbs in your home with energy-saving light bulbs you could save up to £520 from your energy bill over the whole lifetime of the bulbs (including the cost of bulbs saved), and 2.4 tonnes of carbon dioxide.
- By replacing all the remaining standard bulbs and halogen spots in your home with energy-saving light bulbs (CFLs and LED spots) you could save around £60 a year from your energy bills, and 190kg of carbon dioxide.

- By replacing all the remaining standard (GLS) bulbs in your home with energy-saving light bulbs you could save around £1,010 from your energy bill over the whole lifetime of the bulbs (including the cost of bulbs saved), and 5.1 tonnes of carbon dioxide.
- Replacing a typical halogen spotlight with an LED will save £4 and 14kg of carbon dioxide per year.
- Replacing a typical halogen spotlight with an LED will save £139 over the lifetime of the bulb and 440kg of carbon dioxide. This includes the cost of replacement bulbs.
- Turning off your lights when you don't need them could save you around £8 and 27kg of carbon dioxide a year.
- If you've already replaced all your remaining standard bulbs (GLS) with energy-saving bulbs (CFLs), turning off lights when not in use could save you an additional £4 and 12kg of carbon dioxide a year.

Entertainment equipment savings

- Choosing an Energy Saving Trust Recommended 40-inch TV over a market average 40-inch TV could save you around £46 over the lifetime of the product.
- Choosing an Energy Saving Trust Recommended 40-inch TV over the least efficient 40-inch TV available could save you around £88 over the lifetime of the product.
- If every LCD TV sold in the next year was an Energy Saving Trust Recommended model, consumers would save a total of £74 million in energy bills and 236,000 tonnes of carbon dioxide each year. That is equivalent to taking 101 thousand cars off the UK roads each year
- Choosing a typical LCD TV over a typical plasma screen TV could save £28 a year in running costs.
- Choosing a typical LCD TV over a typical plasma screen TV could save £180 a year in running costs over the TV's lifetime.
- Choosing a 32" LCD over a 42" LCD TV could save £14 a year in running costs.
- Choosing a 32" LCD over a 42" LCD TV could save £90 a year in running costs over the TV's lifetime.
- Choosing a 32" LCD TV over a 42" Plasma TV could save £39 a year in running costs.
- Choosing a 32" LCD TV over a 42" Plasma TV could save £256 a year in running costs over the TV's lifetime.
- Leaving a new TV in quick-start mode rather than turning it off at the plug socket wall could cost you as much as £10 a year in energy bills.

Transport savings

- On average a UK passenger car emits 2.7 tonnes of carbon dioxide a year.
- The average driver could save around £270 and 480kg of carbon dioxide a year by sharing their commute with two other drivers.
- If every commuter in the UK shared a car with two others, we would save £7 billion in fuel bills and 12.1 million tonnes of carbon dioxide a year.
- If every commuter in Wales shared a car with two others, we would save £340 million in fuel bills and 590,000 tonnes of carbon dioxide a year.
- If every commuter in Scotland shared a car with two others, we would save £530 million and 930,000 tonnes of carbon dioxide per year.

- If every commuter in Northern Ireland shared a car with two others, we would save £250 million in fuel bills and 430,000 tonnes of carbon dioxide a year.
- If everyone in England who takes three or more flights a year cut one return flight to Europe, we would save as much carbon dioxide as taking 200,000 cars off the road for a year.
- If everyone in Wales who takes three or more flights per year cut one return flight to Europe, we would save as much carbon dioxide as taking 3,000 cars off the road for a year.
- If everyone in Scotland who takes three or more flights per year cut one return flight to Europe, we would save as much carbon dioxide as taking 20,000 cars off the road for a year.
- If everyone in Northern Ireland who takes three or more flights per year cut one return flight to Europe, we would save as much carbon dioxide as taking 2,000 cars off the road for a year.
- Charging your electric vehicle overnight emits on average 16% less carbon dioxide per charge.
- Reducing your weekly mileage by five miles could save around £50 in fuel bills and 80kg of carbon dioxide a year.
- If every driver in the UK reduced their mileage by five miles a week, we would save around £1.4 billion and 2.4 million tonnes of carbon dioxide a year.
- If every driver in Wales reduced their mileage by five miles a week, we would save around £69 million and 120,000 tonnes of carbon dioxide a year.
- If every driver in Scotland reduced their mileage by five miles a week, we would save around £109 million and 180,000 tonnes of carbon dioxide a year.
- If every driver in Northern Ireland reduced their mileage by five miles a week, we would save around £51 million and 85,000 tonnes of carbon dioxide a year.
- If every driver in England reduced their mileage by five miles a week, we would save around £1.2 billion and 2 million tonnes of carbon dioxide a year.
- Walking or cycling your children to and from school each day could save around £230 of fuel and 380kg of carbon dioxide emissions each year compared to driving the car.
- If you're a commuter, Smarter Driving can save you between £300 and £350 on your fuel bill and 500 to 600kg of carbon dioxide emissions a year. That is a 15% saving on your fuel bill, which is around two months' worth of fuel a year.
- If you're a commuter and drive an electric car, Smarter Driving can save you up to £75 on energy and 250kg of carbon dioxide emissions a year. That is a 17% saving on your fuel bill, which is around two months' worth of energy for your EV a year.
- By choosing the most fuel-efficient car in its class you could save on average around £400 a year on fuel costs; that's four months' worth of fuel.
- Choosing the most fuel-efficient car in its class can save an average of £100 on road tax in the first year and £110 every year thereafter.

Water savings

- On average heating hot water accounts for around 24% of a home's heating bill; costing around £150 a year.
- Domestic hot water accounts for 4% of all UK carbon dioxide emissions.
- Hot water use is responsible for around 600kg of carbon dioxide a year in an average UK home
- An average UK household uses 350 litres of water every day.

- If everyone in the UK reduced their hot water usage by around 5% the carbon dioxide saving would be equivalent to taking 340,000 cars off the road.
- The average household water and sewerage bill in Great Britain is around £350 per year
- A four-person family with high water consumption could save around £115 off their energy bills and the same amount of carbon dioxide as emitted from driving 1,400 miles each year by fitting a water efficient shower head to their power shower, spending one minute less each in the shower and each replacing one bath a week with a five-minute shower. In addition if they fitted a dual flush mechanism to their toilet they could save enough water to fill a double decker bus and £255 off their yearly metered water and sewerage bill[1].
- A four-person family could save around £75 off their yearly gas bills and £90 off their metered water and sewerage bills a by replacing their inefficient shower head with a water efficient one. That's a total saving of around £165[2].
- Spending one minute less in the shower each day could save up to £15 off your energy bills each year, per person. With a water meter this could save a further £15 off yearly water and sewerage bills. If everybody in a four-person family did this that could mean a total saving of £120 a year[3].
- If everybody in a four-person family replaces one bath a week with a five-minute shower it could save around £15 on energy bills and around £25 on metered water and sewerage bills every year[4]
- Using a bowl to wash up rather than leaving the hot tap running could save around £35 a year on a household's energy bill and around £30 in metered water and sewerage bills[5].
- Make sure that your dishwasher and washing machine are full before putting them on and always use the most water and energy efficient settings. When it is time to replace appliances, look for the Energy Saving Trust Recommended logo and check the Waterwise website for washing machine and dishwasher ranking.
- Fitting a dual flush mechanism to an old toilet, a four-person household could save around 44,000 litres of water a year. That would save around £120 a year in metered sewerage and water bills.
- A running tap wastes over six litres of water a minute, so turn off the tap while brushing your teeth, shaving or washing your face and use cold water where you don't need hot.
- A dripping tap wastes around 5,500 litres of water a year. If you are on a water meter, fixing the tap could save you over £15 a year.

Find out more

See our website at www.energysavingtrust.org.uk

---

[1] *Assumes that the family reduce the toilet's water use from 13 litres to 7 litres per flush, replace a 13 litre a minute shower head with a 7.7 litre a minute shower head and take one minute each off their showers. Each member of the family takes one less bath per week and changes from showering on average 4.9 to 5.9 times per week.*
[2] *Assumes that the family replace their 13 litre a minute showerhead with a 7.7 litre a minute showerhead and take on average 4.9 showers each a week.*
[3] *Based on a power shower with a flow rate of 16 litres a minute.*
[4] *Assumes an 80 litre bath is replaced by a shower with an average flow rate of 8.5 litres a minute*
[5] *Based on filling four washing up bowls a day rather than running the kitchen tap at 6 litres a minute for 10 minutes.*

For FREE help and advice

Call your local Energy Saving Trust advice centre on 0300 123 1234 for:

- free impartial advice about the best insulation options for your home
- details of installers in your area
- grants or discounts to help with the cost of energy efficiency improvements.

Our services

To find out more about the services the Energy Saving Trust could offer your business, see http://www.energysavingtrust.org.uk/Organisations/Business-services

General enquiries

020 7222 0101

Media enquiries

Members of the media with requests should contact our press office on 020 7227 0398.

Our calculations

To find out more about the assumptions we made when calculating these figures, see www.energysavingtrust.org.uk/Info/Our-calculations