

# July to September: Energy Efficiency Low-tech - Step-by-step Guide



# Step-by-step Guide

<b>Climate Change Topic</b>	Efficiency		
<b>High-tech or Low-tech?</b>	Low-tech		
<b>Duration of the activity (in minutes)</b>	<b>15 to 30 minutes per device, depending on it</b>	<b>Learning Outcome</b>	Learners will be able to: <ul style="list-style-type: none"> <li>- Know techniques to extend the life of their household appliances.</li> <li>- Adapt their behaviour according to the signals of use or defects of the devices.</li> <li>- To refer to energy labels.</li> </ul>
<b>Matériels required for activity</b>	<ul style="list-style-type: none"> <li>- A household appliance such as a fridge or coffee machine</li> <li>- A cleaning paste</li> </ul>		
<b>Instructions step by step</b>	<p>In this energy efficiency theme, we have given you concrete and simple examples to set up at home. The website of Switzerland Energy provides you with more information for all household appliances.</p> <p><b>Fridge:</b> almost all of us have a fridge. In Switzerland, refrigerating appliances make up 10% of household electricity consumption. For good energy efficiency of its use, it is advisable to:</p> <ul style="list-style-type: none"> <li>- Place the fridge in the coolest room of the home, as its consumption depends on the ambient temperature.</li> <li>- Let hot food cool before placing it in the fridge.</li> <li>- Set the temperature between 5 to 7 ° (-18 ° for the freezer).</li> <li>- Defrost the freezer regularly.</li> <li>- Place the food to be thawed in the fridge.</li> <li>- Check and clean the seals of the fridge: they are often the cause of energy loss.</li> </ul> <p><b>Coffee machines:</b> almost all of us also have a coffee machine, of which around 500,000 are sold yearly in Switzerland. For good energy efficiency of its use, it is advisable to:</p> <ul style="list-style-type: none"> <li>- Turn it off after use by unplugging the outlet because even on standby, some machines continue to consume electricity.</li> <li>- Descale it several times to extend its life.</li> </ul>		

- Have it repaired as much as possible, rather than buying a new one.

On [this WWF list](#) you will find many other practical tips to save energy at home daily.

And when buying any new appliance, check its energy label so that it is green or labelled "A", A for the most efficient and G for the most energy-intensive.