

A Greener Home is a Better Home

We'd all like to do our best for the environment. Sometimes we look around our homes and wonder where to begin. Here are a few tips from Equilibrium Consultants - one of Kuwait's leading environmental consulting companies. It's easier than you think to make your home a greener home.

1. Clean up your AC

AC maintenance is key to healthy and efficient cooling. Get a professional tune-up every year. It'll help improve efficiency by between 5% to 10%. That's 5% to 10% less wasted energy! Also, clean or replace your filter regularly. Dirty filters block normal airflow and significantly reduce the efficiency of the system, which wastes energy and contributes to pollution.

Indoor air pollution is greater than outdoor air pollution, so keeping the A/C clean and the filter in top shape will reduce the unhealthy side effects of recycled air. Also keep the temperature at a level that is just comfortable enough, not too cold in summer and not too hot in winter. This will reduce energy consumption and will also mean that your body will not continue to experience shock every time you come in from the outside.

Be smart about the heat you let in the house in the summer... Keep shades drawn when the sun is at its strongest. Invest in windows that reduce heat and use the rooms not facing the sun at different parts of the day. In the winter stay warm in the sunny rooms, wear a cozy sweater and turn down your thermostat.

Using incandescent light bulbs is counter productive when trying to stay cool since they use 90% of their energy producing heat and only 10% making light. So get rid of those old fashioned bulbs.

2. Clean up yourself - quicker!

Don't bathe, shower. And shower for a shorter time. If you can do it with the lights off that's even more energy saved!

Install a 'low flow' showerhead. As you wait for the water to reach a comfortable temperature use it to fill up your watering can to feed your plants. Absolutely turn off the water while you brush your teeth or soap up.



3. Lighten up - in a more efficient manner!

Replace old standard lights bulbs with energy efficient, compact fluorescent light bulbs (CFL). CFL bulbs use up to 75 percent less electricity than standard bulbs. The price of the new bulb is a bit higher, but CFL bulbs last an average 8-10 times longer than conventional bulbs.

And if you want to invest a few more Dinars for an even longer lasting and healthier kind of light, go for an LED bulb.

4. A Huge Turn-off

When you leave your home electronics plugged in and they're not being used they still consume energy. Even devices with a "standby mode" will use power and add to your home's 'carbon footprint'. After you are done using the cell phone charger unplug it.

5. Use Energy Efficiently

Choosing more energy-efficient appliances for your home can exponentially reduce the power you burn through every day. When choosing a refrigerator, dishwasher, clothes washer or dryer, or water heater, get the appliances with the Energy Star Label.

If the shop does not have any efficient appliances ask them why? The more times they hear

customers demand energy efficient and healthy alternatives the more likely they are to supply them.

Calculate your carbon footprint on google.co.uk/carbonfootprint

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