



Energy Efficiency:

Save Energy, Save Money,
and Kaa Safe Mtaani

What is Energy Efficiency?

Energy efficiency means using less energy to perform the same task. It helps reduce electricity bills, conserves resources, and protects the environment by lowering carbon emissions.

Why is Energy Efficiency Important?

- **Lower Bills:** Reduces electricity costs in your home.
- **Sustainability:** Conserves natural resources for future generations.
- **Environmental Protection:** Lowers greenhouse gas emissions.
- **Improved Appliance Lifespan:** Reduces wear and tear on electrical devices.



Simple Ways to Improve Energy Efficiency at Home

1. Use LED Bulbs – They use up to 80% less energy than traditional bulbs.
2. Unplug Unused Electronics – Devices on standby still consume power.
3. Invest in Energy-Efficient Appliances – Look for products with the energy-saving label. It is a green star with an EPRA logo on it. The more the stars, the more you save.
4. Optimise Refrigeration – Keep your fridge at the recommended temperature and avoid overloading.
5. Use Natural Light – Open curtains during the day to reduce artificial lighting.
6. Limit Water Heating Costs – Use solar water heaters or set your water heater to a moderate temperature.
7. Do not leave your hot shower running for too long.
8. Iron clothes in bulk and observe fabric temperatures.
9. Shut doors and windows when AC is on
10. Do not put hot food in the freezer
11. Defrost your freezer regularly
12. Switch off freezer/fridge when empty
13. Seal Air Leaks – Ensure windows and doors are properly sealed to maintain indoor temperature.
14. Switch Off Lights – Always turn off lights when leaving a room.



Fuel saving tips

1. Service your car Engine
2. Check your tyre pressure when low fuel consumption goes high
3. Avoid excessive idling which consumes fuel
4. Observe the speed limit—excessive speed is fuel guzzling
5. Drive smoothly—avoid aggressive accelerating and braking
6. Lighten the load—a heavier vehicle means higher fuel consumption
7. Switch off engine in heavy traffic snail-crawls
8. Sparingly use AC—open windows if possible, AC uses engine power increasing fuel consumption