

Energy Efficiency Checklist



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With ideas to suit a range of budgets, this checklist is a helpful tool to explore ways to save you money, reduce your energy use and care for the environment.



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Heating and cooling in your home

40% of average energy use



Insulation

Save up to 45% on your cooling costs

Action	Impact	Cost	Effort	✓
Borrow a Home Energy Audit Kit from Mundaring Libraries and use the thermal imaging camera to identify gaps in your insulation, doors and windows.	Low	Free	Low	
Check your ceiling insulation for gaps. A 5% gap in coverage can reduce its effectiveness by up to 50%. Use a thermal camera, check via the maintenance hole or hire a professional.	Med	Free-\$	Low	
Install ceiling insulation (or top up insulation if it is old or less than R5.0). Between 25% to 35% of heat can be lost through the ceiling in winter.	High	\$\$	Med	
If your home has a crawl space underneath, install underfloor insulation (aim for R2.0). Between 10% to 20% of heat can be lost through the floor in winter.	Med	\$\$	High	

Windows and coverings

Windows have a huge impact on thermal comfort

Action	Impact	Cost	Effort	✓
Apply sheets of bubble wrap on the windows in winter and summer to insulate them.	Low	\$	Low	
Install heavy curtains and a pelmet to stop warm air escaping in winter, or hot air entering in summer. Renters can install a removable pelmet (rolled up sheet, strip of corflute or cardboard) on top of your curtains.	Med	\$-\$	Med	
Fit select windows and doors with security screens to facilitate cross ventilation and night-time purging of hot air.	Med	\$\$	Med	
Fit living and bedroom windows with plantation shutters or honeycomb blinds.	Med	\$\$	Med	
Have a professional install window film, which may also improve daytime privacy, reduce glare and fading of indoor furnishings.	Med	\$\$	Med	
Upgrade to energy efficient windows, such as timber or uPVC frames with double glazing which can keep your home warmer in winter while reducing energy use.	High	\$\$\$	High	

Draught proofing

Sealing gaps and cracks in your home can make a big difference to your comfort

Action	Impact	Cost	Effort	✓
Install a draught excluder and/or draught stripping around all external doors. Door snake are an easy and portable option.	Low	\$	Low	
Apply perimeter seals around your doors and windows. Use v-shaped seals or rubber weather stripping.	Low	\$	Low	
Use a rolled-up rags or old towels to plug big gaps and cracks around the house e.g. around plumbing (just not near electricity).	Low	\$	Low	
Find and seal gaps around your home using gap filler and a caulking gun. Use it on skirting boards, floorboards, architraves, and visible gaps around cabinetry. Important note: if you have internal gas appliances, ventilation is needed in your home for safety reasons.	Low	\$	Low	

External shading

Unshaded glass is often the greatest source of heat entering the home

Action	Impact	Cost	Effort	✓
Install vertical shading, such as external blinds, louvres, or angled slats on east and west facing windows to block direct sunlight. Tracked blinds on a patio can reduce heat and insects.	Med	\$-\$\$\$	Med	
Install horizontal shading on north facing windows, such as eaves, awnings or a pergola.	Med	\$-\$\$\$	Med	

Light coloured roof

Painting your roof white can reduce your air con use by 30% in summer

Action	Impact	Cost	Effort	✓
Have a professional paint your roof a light colour (like white or cream) or use a special heat-reflecting paint to make your home cooler and more energy-efficient. This can also make your roof last longer by reducing thermal expansion and contraction.	Med	\$-\$\$\$	High	

Appliances

25% of average energy use



All appliances

Action	Impact	Cost	Effort	✓
Switch off appliances at the wall when not in use. For harder to reach power points, use standby power remotes or timers.	Med	Free-\$	Low	
Wash your clothes with cold water.	Low	\$	Low	
Dry clothes on a clothesline or airer when possible. Clothes dryer use should be kept to a minimum.	Low	Free	Low	
Where appropriate, use smaller, more efficient equipment, such as a microwave, rather than an oven.	Low	\$	Low	
If you have solar, try and run appliances during 9am to 3pm by manually using appliances or set times to run appliance to the maximum solar generation window.	Low	\$	Low	
Buy the most efficient appliance you can afford. When buying or replacing appliances look out for the Energy Rating label to find out how much energy the appliance needs to operate.	Med	\$-\$	Low	

Air conditioners

Action	Impact	Cost	Effort	✓
Install a reverse-cycle wall mounted split air conditioner. They are highly efficient, relatively cheap to run, control humidity, and can heat your home in winter too.	High	\$	Med	
Clean the filter on your air conditioner at the start of summer and winter each year, or monthly if you use it most days.	Low	\$\$	Low	
Organise a service for your air conditioner, particularly ducted systems where damage to tubing can waste power and reduce performance.	Low	\$	Low	
Set temperature to 23-26°C in summer. Set temperature to 18-20°C in winter. Each degree cooler or warmer adds about 10% to the running cost of the air conditioner.	Med	Free	Low	
Turn air conditioners off when you leave the house.	Med	Free	Low	

Fans

Reduce your air-con use up to 75%

Action	Impact	Cost	Effort	✓
Utilise portable fans throughout the home where it is not possible to install ceiling fans.	Low	\$	Low	
Install DC motor ceiling fans in main living spaces and bedrooms. Use a ceiling fan in summer and winter to circulate air and reduce air-conditioner and heater use.	Med	\$\$	Med	
Use your ceiling fan on 'reverse mode' during winter to pull warmer air down and push colder air away. This is most effective when your air conditioner or electric heater is on.	Med	\$	Med	

Fridges

Action	Impact	Cost	Effort	✓
Get rid of your second fridge or turn it off when not in use.	Low	Free-\$	Low	
Replace damaged fridge seals. Check seals by placing a piece of paper in between the seal as you close the door to test whether it grips.	Med	\$	Med	

Portable heaters

Action	Impact	Cost	Effort	✓
Choose electric for portable heating. Check out Choice's electric heater buyer's guide for the best option for your situation. Unflued gas heaters are hazardous for your health and wood-burning heaters cause indoor and outdoor air pollution.	Med	\$-\$-\$	Low	

Heated blankets

Heat your body, not the room

Action	Impact	Cost	Effort	✓
It's much cheaper to use an electric blanket on your bed to pre-warm it, or an electric throw rug for warming up movie nights or while working from home than to continuously run room/house heating. Check out Choice's electric blanket guide .	Med	\$	Low	

Heating your water

20% of average energy use



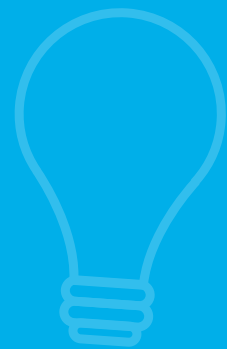
Hot water

The more hot water you use, the more it will cost you

Action	Impact	Cost	Effort	✓
Don't leave the hot water running when you are not using it.	Low	Free	Low	
Limit showers to under 4 minutes.	Med	\$	Low	
Insulate the pipes coming out of your hot water system with pipe insulation from your local hardware store. This could save you up to \$150 a year.	Med	\$-\$\$	Med	
Install a water-efficient 4-star shower head (this could save \$315 a year on your water bill, plus savings on your energy bill).	Med	\$-\$\$	Med	

Lighting

10% of average energy use



Lights

LED light bulbs use 80% less energy than halogen bulbs

Action	Impact	Cost	Effort	✓
Turn off lights as you leave an empty room.	Low	Free	Low	
Consider opening curtains and blinds to let in natural light. Remember that heat gain/loss may also occur.	Low	Free	Low	
Replace bulbs with LED bulbs. They are the most efficient, longer lasting and come in a range of colours.	Med	\$-\$\$	Med	
Consider setting timers or install automatic motion sensor lighting for seldom-used rooms such as outdoor areas, pantries, sheds and walk in robes to avoid accidentally leaving lights on for extended periods.	Low	\$	Med	

Keeping warm in winter



Flooring

Action	Impact	Cost	Effort	✓
Use large, thick rugs in living areas and bedrooms with hard flooring, such as floorboards, tiles and concrete. Rugs provide insulation, reduce draughts and are warmer on your feet.	Low	\$	Low	

Warm retreat

Action	Impact	Cost	Effort	✓
Create a warm retreat within your home. Focus your efforts on retrofitting a single room or area of your home. You can use a curtain on an extendable rod to block off/divide rooms to create a warm retreat.	High	\$\$	Med	

Daily action

Action	Impact	Cost	Effort	✓
Close doors to unused rooms to limit heat loss to areas you're not using, particularly areas with tiles or concrete floors such as bathrooms and laundries.	Med	Free	Low	
Open blinds and curtains to let the sun warm the house during the day. Close the house up in the early afternoon before the temperature drops.	Low	Free	Low	
Dress in warm clothing, including layering and tucking in your garments.	Low	\$	Low	

Pets

Action	Impact	Cost	Effort	✓
Many pets feel the winter cold as well. Consider a winter coat during the day, and a blanket and a soft cushioned bed at night.	-	\$	Low	

Keeping cool in summer



Daily actions

Action	Impact	Cost	Effort	✓
Dress for the weather by wearing light clothing made of natural fibers such as cotton, linen or bamboo, ensuring your attire is sun safe when outdoors.	Low	\$	Low	
Close all external doors, windows, blinds and curtains in the morning. Close the internal doors to the rooms which heat up the most. Ventilate the house at night once the temperature drops.	Low	Free	Low	
Plan your day by avoiding outdoor activities during the hottest part of the day. Cook outside or use appliances that don't heat up your home. In the evening, open windows to let in cooler air.	Low	Free	Low	

Extreme heat days

Action	Impact	Cost	Effort	✓
Have a plan in place for extremely hot days. Consider going to an air-conditioned library, shopping centre, movie theatre, restaurant, public pool or friend's place.	-	Free	Low	
Make sure you have made appropriate bushfire preparation .	-	Free	Med	
Develop a plan for pets during times of extreme heat .	-	Free	Low	

Cool retreat

Action	Impact	Cost	Effort	✓
Create a cool retreat within your home. Focus your efforts on retrofitting a single room or area of your home. Rooms on the south-east, or with a tiled concrete floor, work best.	High	\$\$	Med	

Tree care

Action	Impact	Cost	Effort	✓
Water the trees near your home in the morning. Trees provide shade, with moisture released from their leaves providing evaporative cooling on hot days. Consider leaving a dish of water under a tree for native wildlife.	Low	\$	Low	

Additional resources

- Join the [My Efficient Electric Home \(MEEH\) Facebook group](#) to learn and be inspired by fellow Australians making their homes more energy and thermally efficient.
- Visit the Australian Government [YourHome](#) website for detailed information on retrofit options.
- Loan a copy of 'Renew Magazine: Technology for a Sustainable Future' through Shire of Mundaring Libraries.



For more information scan the QR code or visit <https://www.mundaring.wa.gov.au/environment-waste/sustainability-in-my-home/energy-efficiency-in-the-home.aspx>

My energy efficiency action plan

This month	This year	Next 3-5 years

