

# Basic rules of properly energy management - energy management for everyone

## Monitor energy and water consumption daily

### Follow these rules:

#### SWITCH OFF, LIGHT ONLY WHERE IT IS NEEDED

We must use lighting efficiently, i.e. illuminate only those rooms or parts of rooms where lighting is needed. If you do not use the room or equipment for a long time, use the power switch. Follow the rule, the last one will go out!

#### SAVE HEAT

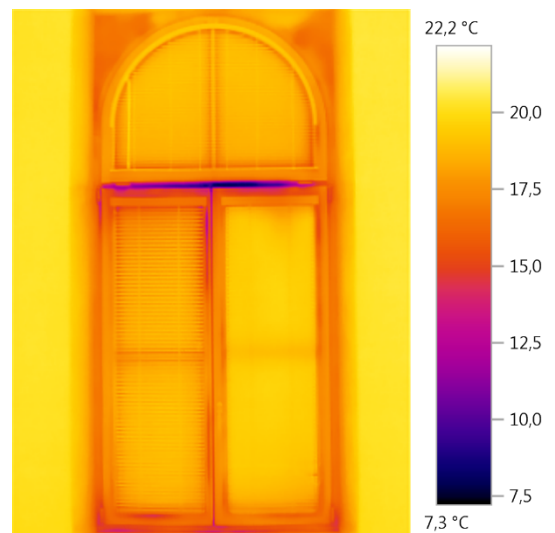
Heating has the largest share of energy consumption in the building, so we should not overheat. In addition, each heating stage means an increase in consumption and therefore costs by approx. 6%. It is important that thermal comfort is maintained. We perceive the ideal temperature differently, but the healthy and at the same time pleasant environment in the room is 19-21 ° C.

#### VENTILATE ECONOMICALLY

Ventilation during the heating season must be short-term, but intensive, in order to be able to replace the entire volume of air without cooling objects and walls. When ventilating, switch off the heating or set the thermostatic valves to "0" and open the windows wide, preferably in drafts. In this way, it is quickly ventilated and the walls remain warm. An incorrectly closed window does not guarantee the correct air exchange and wastes a lot of energy.

#### AIR CONDITION PROPERLY, DON'T COOL UNNECESSARILY

If you turn on the air conditioning, close all windows so that it can replace and freshen the air to the desired temperature. If you leave the window open while the air conditioner is running, the effect is zero and you waste it unnecessarily. So you have to choose air conditioning or a window, never both together. THE SAME APPLIES TO COOLING! If you already need to cool, make sure that the difference between the outdoor and indoor temperature does not exceed 5C °. You harm not only the environment, but also your health!



#### SWITCH OFF THE APPLIANCES

Modern electrical appliances are equipped with a stand-by mode. It is advisable to be interested in the power consumption in this standby mode, because during the period when we don't use the appliances, they consume a relatively large amount of energy in the annual volume. If it possible, switch off the appliances completely using the main switch.

**Recommendation:** Use an extension cable with a switch to connect several appliances.



Follow the rule - "turn off when you leave", you will save money and the environment

## SAVE WATER

Water is currently a strategic raw material. Saving is undoubtedly today's priority. Therefore, try to carry out hygiene and rinsing economically. It is also important to check that the toilet does not flow and that the water taps seal well. We need to realize that water is a precious raw material, and if we start treating it anyway, a change of mindset will lead to savings and the protection of natural resources. Do everything to treat drinking water as gently as possible, use rainwater and keep it in the landscape as much as possible.

## DRIVE ECONOMICALLY

Fuels are also an important source of energy. So we should also monitor their consumption and try to optimize and reduce it. So try to drive as economically as possible, ie. smoothly. Consider using public transport, bicycles. Don't drive unnecessarily, walking is healthy!

## CLOSE THE DOOR

Avoid the passage of warm, humid air from heated to less heated rooms and corridors. Leave the door closed to prevent heat penetration and save.

## DON'T COVER RADIATORS

Never cover radiators or other heaters with curtains, draperies, clothing, furniture or anything else. If the radiator is free, it will heat the space better and cheaper. Don't forget to regularly vent the radiators and set the thermostatic valves correctly!



## BUY CLASS A APPLIANCES

When buying electrical appliances, also pay attention to energy classes (applies to appliances such as refrigerators, energy-saving light bulbs, kettles, microwave ovens, etc.). The best and most economical class is A, in the case of refrigerators up to A+++ . On the energy labels you will find all the necessary information - for refrigerators, the usable volume of the refrigerator / freezer, noise, annual energy consumption and, of course, the energy class.

