

Home Energy Efficiency Worksheet

Use this worksheet to record your results whilst using the Home Energy Efficiency Kit.

Plug in Power Meter

Calculate the energy consumption of your appliances using the plug-in power meter.

	A	B	C	D	E	F
Appliance	Watts	Estimated usage per Week (Hours)	Total Watts per week (A x B)	KWh (C/1000)	Cost per week (D x 0.35c*)	Cost per year (E x 52)
<i>Example TV</i>	<i>200</i>	<i>21</i>	<i>4,200</i>	<i>4.2</i>	<i>\$1.47</i>	<i>\$76.44</i>
Fridge						
Television						
Washing machine						
Clothes dryer						
Computer						
Microwave						
Air conditioner						

* Use \$0.35 as estimate if not using your current electricity provider cost per kWh.

Tip: When it is time to upgrade appliances, purchase energy efficiency appliances using the energy star rating.

Thermometer

2

Use the thermometer to check the temperature of your fridge, freezers, and rooms in your house.

	Your measurement
Fridge temperature	
Freezer temperature	

Tip: The optimal temperature for a fridge is 3–5°C, and freezer is -18 to -15°C.

Check the temperature in different rooms in your home.

Room	Your measurement
Living room	
Kitchen	
Bathroom	
Bedroom 1	
Bedroom 2	

Digital Infrared Thermometer

3

Use the Digital Infrared Thermometer to find draughts in your house. Measure the temperature of different surfaces in a room and record the temperature. Measure the areas where draughts are more common, such as doors, window frames, floorboards, air conditioner vents and other gaps.

Room	Door	Window	Floor	Gaps	Notes
Living room					
Kitchen					
Dining room					
Bathroom					
Hallway					
Bedroom 1					
Bedroom 2					

Tip: If you're scanning an area and you notice a temperature change, this is most likely caused by a draught. Seal up these areas with door snakes, caulk and silicone.

Stopwatch and Water

4

Use your mobile phone's stopwatch to calculate your shower times and the water flow rate of your shower head and taps.

Place your measuring jug (not provided) under the tap or shower and record the amount of water collected in 10 seconds. To get your flow rate by minute, multiply this number by 6.

Room	Water collected in 10 seconds	Litres per minute (x6 to get flow per minute)
Shower		
Kitchen tap		
Bathroom Tap		
Laundry tap		

Tip: If your water flow rate is more than 9L per minute you should consider installing water efficient shower heads and taps.

How long is your shower? You should try to limit your showers to 4 minutes. Every minute under a shower uses around 10 litres of water!

Person	Shower 1	Shower 2	Shower 3	Actions for change



For more information, visit
penrith.city/energyefficiency