



Task Title: Tips to Reduce your Energy Bill

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☒

Task Description: The learner will review a document listing ways to reduce energy bills and answer questions.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Read continuous text/A1.2

Materials Required:

- Pen/pencil and paper and/or digital device

Task Title: TipsToReduceYourEnergyBill_I_A1.2

Learner Information

Electricity is expensive and it is always helpful to learn ways to minimize costs.

Scan "Top Ten Fastest, Easiest and Best Ever Money-Saving Tips".

TOP TEN

FASTEST, EASIEST, AND BEST EVER MONEY-SAVING TIPS

This booklet contains hundreds of ways you can reduce your energy use – but these top 10 tips are a great way to get started:

- 1 Use CFL or LED Bulbs**

One compact fluorescent light bulb (CFL) or light emitting diode (LED) can save you three times its purchase cost in electricity. CFLs last up to 10 times longer than incandescent bulbs and can use up to 75% less electricity. You can replace an incandescent 100W light bulb with an 18W – 23W compact fluorescent and still get the same amount of light.
- 2 Install a Programmable Thermostat**

During the heating season, set your programmable thermostat to automatically lower the heat by a few degrees at night or when you are away. If you have air conditioning, you can use your programmable thermostat during the cooling season to automatically turn it off or increase the temperature when you are not at home. Your energy savings will easily pay for the cost of the thermostat in the first year.
- 3a Replace Your Old Refrigerator or Freezer**

Refrigerators and freezers are two of the biggest electricity users in your home – these old, inefficient appliances can cost well over \$10/month in electricity. When purchasing a new one, be sure to check the EnerGuide label and look for the ENERGY STAR® symbol so you are certain of energy savings when making your buying decision.
- 3b Get Rid of Your Second Refrigerator**

It may be convenient having an extra refrigerator, but those cold beverages are costing you every day...up to \$125 per year.
- 4 Wash Your Laundry in Cold Water**

You can save energy and money by washing all of your laundry in cold water. If you currently both wash and rinse in warm water, and you switch entirely to cold, you could save over \$14 a month (based on electric water heating). There are many laundry detergents designed specifically for cold water washing.
- 5 Look for the ENERGY STAR® Label**

ENERGY STAR® is an international symbol that identifies many energy efficient products. The ENERGY STAR® symbol helps businesses and consumers identify products that are at the "top of their class" in terms of energy efficiency.
- 6 Eliminate Drafts in Your Home**

Air leakage around windows, doors, vents and electrical outlets can account for as much as 25% of your total heating costs. That means there are significant savings available if you caulk and weather-strip windows, doors, dryer and other vents, and install insulated plates on electrical outlets.
- 7 Install Insulation**

You can save energy and money by increasing the amount of insulation in your home, to keep it warmer in the winter and cooler in the summer. The attic and basement are good places to start, because those areas represent as much as 15% - 30% of your home's overall heating and cooling losses. Upgrading insulation levels is one of the smartest energy saving investments you can make.
- 8 Use Motion Sensor Switches and Timers**

To avoid leaving your outside lights on for long periods of time, install a motion sensor that turns the lights on automatically when someone approaches the house and then turns the lights off after a pre-set period of time. Install timers on selected lights to avoid leaving lights on around the clock and to make your home look occupied when you are away.
- 9 Rely on Your Fans**

Use fans instead of air conditioning when possible. Ceiling and portable fans cost pennies to operate and can lower the temperature in the room by up to 2°C.
- 10 Use LED Seasonal Lighting**

Using LED lights both inside and outside your home, during the holiday season, is a great way to conserve energy and save money. LED lights use up to 95% less energy and last at least seven times longer than regular lights. There are no filaments or glass bulbs to break, and they produce very little heat. Seasonal LED bulbs come in a variety of shapes and colours.

Work Sheet

Task 1: List five (5) ways to lower home energy costs.

Answer:

Task 2: List three (3) reasons why CFL and LED lightbulbs are better than incandescent lightbulbs.

Answer:

Task 3: What does the Energy Star label help identify?

Answer:

Task 4: If you use only cold water to wash your clothes, how much money could you save each month?

Answer:

Task 5: Explain how you can reduce drafts around windows, doors, vents and electrical outlets.

Answer:

Answers

Task 1: List five (5) ways to lower home energy costs.

Answer: Any five of

- Use CFL or LED bulbs
- Install a programmable thermostat
- Replace your old refrigerator or freezer
- Get rid of your second refrigerator
- Wash your laundry in cold water
- Look for the Energy Star label
- Eliminate drafts in your home
- Install insulation
- Use motion sensor switches and timers
- Rely on your fans
- Use LED seasonal lighting

Task 2: List three (3) reasons why CFL and LED lightbulbs are better than incandescent lightbulbs.

Answer: Any three of

- Save three times their cost
- They last 10 times longer
- Use up to 75% less electricity
- You can replace a 100W light bulb with an 18W-23W CFL and get the same amount of light

Task 3: What does the Energy Star label help identify?

Answer: energy efficient products/products at the top of their class in terms of energy efficiency

Task Title: TipsToReduceYourEnergyBill_I_A1.2

Task 4: If you use only cold water to wash your clothes, how much money could you save each month?

Answer: \$14.00

Task 5: Explain how you can reduce drafts around windows, doors, vents and electrical outlets.

Answer: Caulk, weather-strip, and install insulated plates

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	scans text to locate information			
	locates multiple pieces of information in simple texts			
	makes low-level inferences			
	makes connections between sentences and between paragraphs in a single text			
	reads more complex texts to locate a single piece of information			
	follows the main events of descriptive, narrative and informational texts			
	obtains information from detailed reading			
	begins to identify sources and evaluate information			

This task: Was successfully completed ☐ Needs to be tried again ☐

Task Title: TipsToReduceYourEnergyBill_I_A1.2

Learner Comments:

Instructor (print):

Learner (print):