

## Refrigeration

- Select refrigerator and freezer sizes that are just large enough for your family's needs. Anything larger uses more energy than necessary.
- Limit the amount of times you open your refrigerator.
- Locate refrigerators and freezers away from direct sunlight and other warm air sources such as ranges and dishwashers to allow ventilation of the cooling fans behind the appliance.
- Defrost refrigerators and freezers regularly to keep them running efficiently.
- Do not put hot or warm food straight into the fridge or freezer. Let it cool first.

## General

- Clean or replace air filters on exhaust fans, humidifiers and other electric appliances. Clogged filters impair performance and cause units to run longer.
- Properly wire and maintain electrical circuitry, buildings with aged wiring may need a larger power supply to function efficiently.



## Our Vision

*Leadership in Energy Delivery,  
Excellence in Customer Service...  
enhancing the quality of life for all.*



# Conserve Energy

*Conserve Today, Save Tomorrow.*



**Trinidad and Tobago  
Electricity Commission**

*Electricity... a cost you can control*

## Conserve Energy

Maintaining an affordable electricity bill can be accomplished through eliminating habits that waste electricity and by adopting practices that promote an energy efficient way of life.

T&TEC urges its customer to manage their electricity usage by using energy efficient appliances and devices.

Here are some conservation tips to guide you:

### Televisions, DVD and Hi-Fi

- Switch off your TV, DVD and Hi-fi when not in use.
- Appliances in the “standby” mode can use as much as 10 – 40% of the electricity that they would use when fully operational.

### Air Conditioning Units

- Switch off AC's when leaving the room for long periods (10 minutes or more).
- Service all air conditioning units regularly to keep them running efficiently.
- Keep doors and windows shut when AC is in operation.
- Shade all windows exposed to the sun when possible.

### Ironing

- Iron clothing in bulk and not in small quantities at a time.
- Ensure that the thermostat on the iron is working and set the right temperature for the clothing being ironed.

### Cooking (Electric Range)

- Rearrange oven shelves before turning on the oven to prevent wasteful heat escape.
- Activate the self-cleaning cycle on your oven only when it is heavily soiled.

### Lighting

- Select lighting fixtures on the basis of their efficiency. Fluorescent lamps produce about four times as much light per watt as incandescent bulbs.
- Use three-way switches or dimmer control switches to keep lighting levels low whenever possible.
- Locate floor, table and wall lamps in the corner of a room rather than against a flat wall. Lamps in corners reflect light from two wall surfaces instead of one.
- Choose light colours for walls, ceilings, floors and furniture. Light colours reflect light. Dark colours absorb light and require higher bulb wattages.

### Laundering

- Always use cold water for rinse cycles.
- Use the amount of laundry detergent recommended by manufacturers. Too many suds hamper effective washing action and may require extra rinsing which uses more energy.
- Avoid over drying. This wastes energy and harms fabrics as well.
- Locate your dryer in a place ventilated with fresh, dry air. Circulating humid air through the machine increases drying time and the energy needed to run it.