

## LONGER TERM ACTION STEPS

You can accomplish a lot with the **10 No Sweat Action Steps**, which will reduce your carbon footprint and save you money.

Have spare cash? Here are more steps that you can take to reduce pollution and climate change, plus save money:

- Buy high efficiency “Energy Star” home appliances and electronics. Recycle the old ones!
- Weatherize or replace your doors and windows. Add insulation. (You may qualify for tax credits.)
- Install a whole house fan (but cover it during the winter to keep heat in).
- Install a programmable thermostat to reduce energy use at night and when everyone is out at work or school.
- Spread the word! Talk to others about taking these steps. Give CFLs as gifts to friends.
- Buy a more fuel-efficient automobile. (Walk, ride your bike, carpool and use public transportation when you can.)



## WEB SITES FOR MORE INFORMATION

[www.energystar.gov](http://www.energystar.gov)

Guide to energy efficient appliances and compact fluorescents.

[www.eere.energy.gov/consumer/](http://www.eere.energy.gov/consumer/)

DOE Office of Energy Efficiency and Renewable Energy.

[www.ase.org](http://www.ase.org)

Click on “Information for: Consumers,” then “Consumer Tax Credits.”

[www.powerisinyourhands.org](http://www.powerisinyourhands.org)

Comprehensive energy savings info.



**SIERRA  
CLUB**  
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This Guide was originally written by the Kansas Chapter of the Sierra Club. For more information on how you can explore, enjoy, and protect the Kentucky environment please contact:

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## No Sweat Action Guide to Stop Climate Change

**Fact:** Hundreds of new coal-burning power plants are planned for the U.S. to meet growing peak electricity demand. \*

**Fact:** Summer air-conditioning (AC) drives peak demand.

**Fact:** You can fight climate change by reducing your peak summer electricity demand.

\* **Peak demand occurs between 11 AM and 7 PM.**

### Use this Guide to –

- Identify sources of waste heat that make your AC work harder.
- Learn ways to eliminate or reduce waste heat in your home.
- Save money through energy efficiency and conservation.
- Reduce greenhouse gases caused by power plants that burn fossil fuels.
- Help clear the air of toxic mercury and pollutants that induce asthma.



**REDUCE YOUR CARBON  
FOOTPRINT AND SAVE  
MONEY BY REDUCING YOUR  
ENERGY USAGE**

## ELIMINATE WASTE HEAT IN YOUR HOME



### Sources of waste heat –

**Incandescent Lights.** Incandescent bulb heat increases room temperatures. Fluorescent lights use 40% to 75% less energy and give off little heat.

**Older Compressors.** Compressors in your refrigerator and freezer, especially older ones, dump waste heat into your house via cooling coils (under, behind or on the side of the appliance).

**Heating Elements.** Like incandescent bulbs, they work by creating resistance to the flow of electricity. Electric stoves, ovens, counter top ovens and heating plates, coffee makers, toasters and electric clothes dryers all have them.

**Gas-Fired Appliances.** Gas stoves heat up the kitchen, too. And don't forget the hot water heater and its pipes.

**Electronics.** All electronic devices like PCs, monitors and TVs have resistors and capacitors that give off heat. Many such devices are left on when not in use.

## 10 NO SWEAT ACTION STEPS

(while still enjoying your summer)

1. **Replace incandescent lights with fluorescents.** Fluorescent lights now come in all shapes and sizes, at low cost. Replace the most heavily used bulbs first. Use compact fluorescent lights (CFLs) for screw-in fixtures.<sup>1</sup>
2. **Sign up for LG&E's \$15 home energy audit.** Call 800-251-7808.
3. **Sign up for LG&E's Demand Side Management program.** You'll save \$20 per year. Call 866-857-2665.
4. **Unplug that old refrigerator or freezer.** Our grandchildren cannot afford for us to use the old 'frig' just to keep beer cold. Unplug it, except for special occasions.
5. **Use your whole house fan at night.** Then shut the house up during the day while using ceiling fans to circulate air; allowing you to turn up the thermostat and still stay cool.
6. **Wash your clothes in cold water.**



7. **Closing vents and doors.** Cool only the rooms you need; close cooling vents and doors of unused rooms—unless includes the intake air duct.
  8. **Do chores at night or during the cool of morning.** Avoid peak demand hours. Wash and dry clothes, run your dishwasher, shower and cook meals. Better yet, dry heavy items like towels and jeans on a clothesline.
  9. **Use your microwave to cook and heat food.** It uses much less energy than an electric oven. Better yet, eat cool foods, like salads, on hot days.
  10. **Turn electronics completely off when not in use.** If you don't plan to use your PC or TV within the next hour, turn it off. Connecting them to a power strip/surge protector makes it easy. If you can't wait for start-up, use the sleep mode.
- You can make changes at work, too!** The next time you're freezing in your office and it's 95° degrees outside, talk to the owners about bumping up the thermostat to **save money** and reap the benefits of earning a **green reputation**.

<sup>1</sup> Fluorescent lights contain trace amounts of mercury. See [www.lamprecycle.org](http://www.lamprecycle.org) (click on "recycling household lamps" and the EPA Fact Sheet) for info on proper disposal or recycling of CFLs.

