



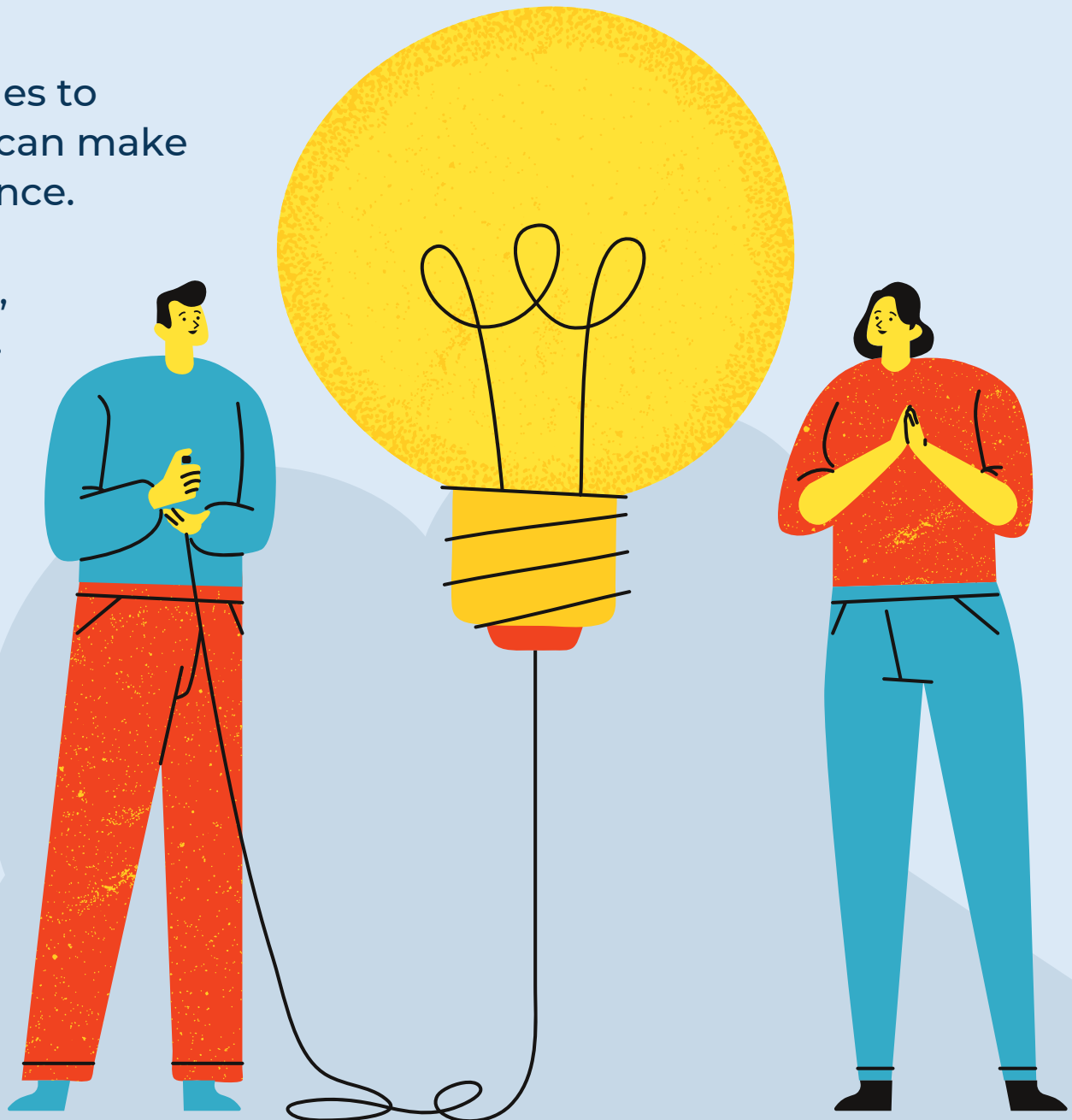
Ministry of Sustainability
& Climate Resiliency
Cayman Islands Government

Become an Energy Superhero
Let's save Energy

DO IT YOURSELF: Energy Saving Habits

Small changes to
daily habits can make
a big difference.

Save energy,
save money.





SMALL CHANGES, BIG IMPACTS.

Saving energy has many advantages.



Reducing how much electricity we use in our daily lives helps save money on our monthly utility bills and reduces harmful greenhouse gas emissions. There are many small, simple steps we can take in our daily lives to save energy. This guide contains ideas for no-cost, low-cost and long-term options for reducing your electricity and fuel consumption.



TURN OFF LIGHTS AND APPLIANCES WHEN NOT IN USE

- Use smart power strips to ensure appliances do not drain energy when in standby mode.
- Unplug chargers when not in use.



LET IT AIR DRY

- Let dishes air-dry on the rack.
- Use a clothesline or drying rack.



TIMERS HELP REDUCE WASTE

- Set a timer on to adjust your thermostat according to when your home/office is occupied.
- Set a timer on your water heater.



KEEP IT COOL

- Close blinds/curtains during the day, particularly on west-facing windows.
- Use ceiling fans to circulate air.
- Set your thermostat no lower than 79 or 80 degrees F.
- Ensure your air conditioning is regularly maintained and clean air filters regularly.



COMPLETE A DIY ENERGY AUDIT

- Visit energy.gov.ky to access Do It Yourself Energy Audit guides to identify areas for improving energy efficiency in your home or business.





You can also save money at your place of work and while driving your vehicle.



TURN OFF LIGHTS AND APPLIANCES WHEN NOT IN USE

- Ensure energy saving features are enabled on your IT equipment.
- Switch off electronics at the end of the day and over weekends.



PRINT ONLY WHEN NECESSARY

- Go paperless as much as possible.
- Print double-sided to save paper.



TIMERS HELP REDUCE WASTE

- Set timers to turn off air conditioning or increase thermostat temperatures at the end of the day and over weekends.



FUEL SMART DRIVING HABITS

- Reduce your car use by carpooling, riding a bike or taking public transport whenever possible.
- Keep your tyres pumped up to the correct pressure.
- Check and replace air filters regularly.
- Avoid rapid acceleration and braking - this wastes gas.
- If your car has an 'Eco Mode', turn it on to improve fuel efficiency.
- Do not idle. Not only does idling waste gas, it also releases harmful emissions into the air.
- If you are looking to purchase a new vehicle, consider an electric or hybrid car.

You can become more energy efficient by making a few small changes to your daily habits. You can save money, reduce pollution and make the Cayman Islands a better place for everyone!



FOR MORE ENERGY SAVING TIPS, CHECK OUT THESE ADDITIONAL RESOURCES

LOCAL:



National Energy Policy Unit
Cayman Islands Government

NATIONAL ENERGY POLICY UNIT

Visit the National Energy Policy Unit website and social media pages for helpful energy efficiency tips and to download the Do It Yourself Energy Audit guides for your home or business.
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ENERGY STAR

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