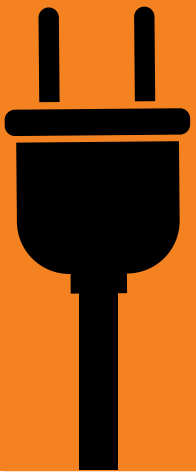
Take back your...

power



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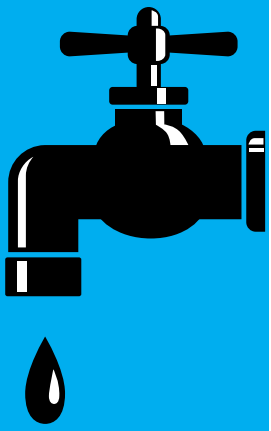


heat

Quick start home energy kit

Yukon
Energy, Mines and Resources

Everything you need to know to start taking your energy back today.

energy solutions centre

good energy

Welcome to conservation

Saving energy just makes sense. By taking advantage of all the energy-saving tools included in this Quick Start Home Energy Kit, you can save money and energy today.

Fortunately, it doesn't matter whether you rent or own, or whether you live in a house or an apartment. By following the instructions in this guide, you will discover that life in an energy efficient home can be more affordable, a little more comfortable, and better for the planet.

Safety First!

Proper installation of the tools in this kit is very important, both for maximum energy savings and for safe operation. Most of the items are very simple and straightforward to install. For more complicated items, follow the instructions carefully and you can avoid encountering any difficulties.

If uncertain about the installation procedures, or if the fittings in your home might not be in compliance with safety and building codes, please consult an electrician or other trade professional before proceeding.

We suggest renters check with their landlords before installing the items in the kit.

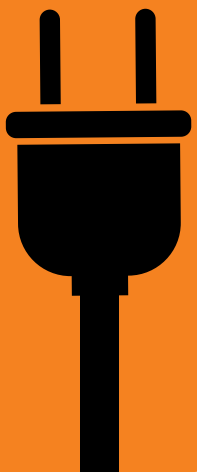
Here are a few things to keep in mind while putting your new energy saving tools to work for you:

- Unplug electrical devices or appliances before working with them. In the case of outlets and light switches, turn the electricity off completely from the circuit breaker panel.
- Be mindful of the temperature of pipes, water heaters, and other plumbing fixtures before you work on them.
- To reach high places for a light bulb or window, always use an approved ladder, and maintain three points of contact (both feet and one hand in contact with the ladder) at all times while you work.

Feel free to pass on any energy saving tools you do not use to someone who can use them. Make sure to give them this installation guide as well.

If you have any questions about the installation or use of any of the products in this kit, please call the Energy Solutions Centre for assistance at 1-800-661-0408 ext. 7063 or 867-393-7063 from 8:30 a.m. to 5:00 p.m. Mondays to Fridays or send an email to energy@gov.yk.ca.

Take back your power



Some electrical devices are taken for granted. Things like light bulbs and refrigerators. They quietly go about their daily business and we often don't give them a second thought. But when you look at the big picture, you realize that keeping the lights on and the drinks cold can add up to hundreds of dollars in energy costs every year. Here are a few tools for taking a bit of that power back:

Fridge and freezer thermometers

Refrigerators and freezers are two of the largest energy users in your home. The good news is that their energy needs can be kept to a minimum if they are set within their ideal temperature ranges. That's exactly what these fridge-friendly thermometers help you do.

Step 1: Remove the backing material and attach the card to a visible spot inside the fridge or freezer.

Step 2: Allow 15 minutes for the thermometer to adjust.

Step 3: Check the reading.

The ideal temperature range is between 1 to 4°C for the refrigerator and -15 to -18°C for the freezer.

If your appliance is outside of this range, adjust the temperature dial and then re-check the following day.

Refrigerator Thermometer

Freezer Thermometer

LED lightbulbs

An LED light bulb uses 85 per cent less energy than incandescent light bulbs and has a long life, lasting 15 to 30 years. This kit includes one 9 watt LED bulb which is equivalent to a 60 watt incandescent bulb.

To maximize your savings, start by replacing incandescent bulbs that you use most often and that are on for long periods of time (15 minutes or longer). If you are using compact fluorescent light bulbs (CFLs), it is best to use them until they burn out.

The LED bulb provided in this kit fits easily into existing fixtures and is ideal for many ceiling fixtures, table and floor lamps or wall sconces.

The LED bulb casts a warm light similar to incandescents.

LEDs can be recycled at a designated recycling facility.

Frequently asked questions

Q: Do CFLs contain mercury?

A: Most CFLs contain less than 4 mg of mercury (about one-fifth of what's in an average watch battery and less than one-hundredth than what can be found in a typical amalgam dental filling). The mercury in CFLs can be released into the environment if the glass is broken.

Should a CFL bulb be broken, it is important to dispose of it properly. Ventilate the area, and wipe up any fragments with a wet cloth. Place the broken CFL and glass in a sealed bag and bring it to a designated recycling facility.

Q: Do CFLs cause skin disorders or headaches?

A: There is no scientific evidence that using CFLs causes skin disorders or headaches. Fluorescent lights (such as CFLs) do emit a small amount of UV (Ultraviolet Light). However, the exposure from a CFL is a fraction the exposure to UV one gets when walking outside on a sunny day.

UV exposure from CFLs should not be a concern for most people under normal use, but those with light sensitivities or Lupus may want to refrain from direct exposure to CFLs for extended periods of time.

Efficient night light

The slim-profile night light found in this kit uses only 26¢ worth of energy a year and will last up to 100,000 hours!

Go ahead and plug it into any electrical outlet, wherever the extra light will come in handy.

Take back your heat

Like most Yukoners, keeping your home warm is probably your single biggest energy expense.

Unless your home is properly draft-proofed, up to a third of that valuable heat is escaping through windows, doors, and other invisible pathways to the chilly outdoors.

The Quick Start Home Energy Kit includes a few tools to help you start keeping your home's heat where it belongs. Here's how to put them to work for you:

Insulating film for windows kit

This kit features crystal clear shrink film and double sided tape for easy installation. The shrink film insulates the window by keeping warm air in and cold air out, reducing energy loss. The film shrinks air-tight and wrinkle-free with the aid of a hand held hair dryer. Stop cold drafts, help prevent frost build-up and reduce condensation with this easy-to-use kit. Cut film to size for application to multiple windows for less waste, less expense and a neater, more efficient installation.

How to install window kit:
Installation tools: scissors, tape measure, hair dryer.

- Do not apply tape to wallboard, plaster, veneer, paneling or mahogany molding.
- Clean and dry window frame and sill so it is free of dust and dirt.
- Measure the length and the width of the window frame with the measuring tape. Measure and cut four long strips from the double-faced tape with scissors--one strip for each side of the window.
- If surface of window frame is below 5oC, heat tape with hair dryer prior to applying the tape.
- Apply tape, liner still intact, to the outside edge or to the face of the window or patio door frame.
- Peel liner off to expose adhesive.
- Measure window or patio door area. Unfold the plastic film and cut to size, allowing at least 5 cm extra film on all four sides.
- Hold film up over the window. Carefully stretch the top of the plastic out to each side, then gently press film lightly against the tape at the top edge of window or patio door.
- Place your left hand on the heat-shrink plastic and hold it as you gently pull the right side over. Press the plastic against the tape at the top right corner to hold it in place.
- Pull the film tight and attach to the tape on the sides and bottom of sill or frame by pressing it against the tape. Check to make sure the plastic is taut across the window.
- Film may be removed and repositioned, if necessary. Press film securely to tape.
- Shrink the film with a hand-held hair dryer, set to the highest heat setting.
- Hold the dryer about 6 mm from the film surface, starting at one corner and moving slowly back and forth across the entire film surface until all wrinkles and creases disappear. Avoid touching film with dryer as it will melt.

- Trim excess film with scissors.
- Clean film with damp soft cloth when required. For easy removal: heat tape with hair dryer and slowly peel off.
- Careful: film can be punctured by sharp objects or animal claws. Tape may pull off cracked or peeling finish when removed.

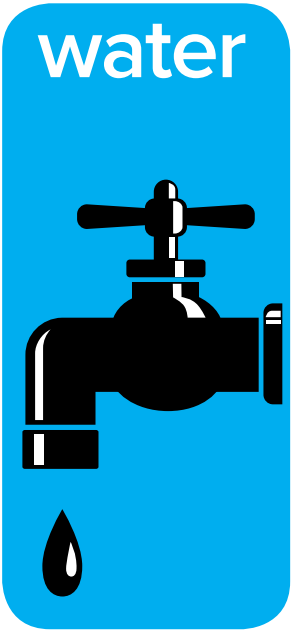
Foam weather strip

This pressure-sensitive foam weather strip features self-sticking acrylic adhesive for quick and easy application around windows and doors. When compressed the foam seals out the air. By eliminating drafts and moisture, and retaining heating and cooling conditions, weather stripping is an ideal solution for long-term energy efficiency and savings. It is easy to install: just clean surface, cut to size, peel and stick.

How to install foam weather strip:
Installation tools: tape measure, scissors.

- Avoid getting paint on the material as it causes foam to lose its resiliency.
- Thoroughly clean the area where you plan to install the weather-stripping and let it dry completely.
- Using a measuring tape, measure the length of each side of window or door to be weather stripped.
- Cut pieces to measured length.
- Peel off adhesive backing.
- Press weather stripping along the window or door frame.

Take back your water



Hot water waste means bad news for your energy bills. Although the cost varies depending on whether oil or electric heating is used, the average Yukon house, duplex, or townhouse requires nearly $300 worth of energy every year to keep the hot water flowing.

The good news is that hot water is a snap to save. That's exactly what the following tools are all about.

Put your water to the test

They say that knowledge is power, and we agree. That's why we've included a water testing tool to let you find out exactly how well your home is performing. Depending on what you discover, there may be some easy steps you can take for immediate energy savings.

Hot water gauge

This gauge will tell you if your water heater is set too high. Heaters have an ideal temperature range within which they offer the most amount of hot water with the least amount of energy waste. In this case, saving money may be as simple as turning a dial. Just follow the instructions on the card provided.

Tap aerators

These super-efficient tap aerators mix air into the stream of water coming from your taps, reducing up to 50 per cent of the water you would normally use with a standard aerator. Included in this kit are a kitchen tap aerator, a bathroom tap aerator and a low-flow showerhead.

Kitchen Tap Aerator: The swivel head on the kitchen aerator allows you to select between spray settings and direct the water flow wherever you need it. For a spray pattern, gently pull down on the aerator head while supporting the faucet neck. For a splash-free stream, just push it back up.

Bathroom Tap Aerator: Even though it doesn't swivel, it will still reduce your water use by 50 per cent. Install your new bathroom tap aerator with the same method as the kitchen aerator.

How to install aerators:
Installation tools: pliers and a damp cloth.

Step 1:
Unscrew your old aerator in a counter-clockwise direction. (If it's too tight to unscrew by hand, you can use a pair of pliers. Just be sure to put a damp cloth between the pliers and the tap to guard against scratches.)

Step 2:
Take a look at the tap. Do the threads (grooves) on the nozzle run along the inside or the outside? If they're on the inside, then place both rubber washers into the top of the aerator. If they're on the outside, just use the thin washer.

Step 3:
Gently screw on the new aerator to the faucet and be careful not to cross the threads. Tighten the aerator by hand.

Shower head

Low-Flow Showerhead: Gives you the choice of two settings: fine spray and massage spray. To adjust the setting, turn the outer ring.

How to install shower head:
Installation tools: wrench, vice grip, and damp cloth.

Step 1:
Remove the old showerhead from the pipe by turning it counter-clockwise. (If it's too tight to unscrew by hand, you may need to use a wrench. In that case, place a cloth on the pipe and clamp it with the vice grip, then, turn the showerhead with the wrench.)

Step 2:
Briefly turn the water on to rinse out the pipe, then, clean the threads on the outside of the pipe.

Step 3:
Snugly wrap the thread-seal tape clockwise around the end of the pipe, three or four times. (This will prevent leaks.)

Step 4:
Screw the new showerhead onto the pipe and tighten by hand.

Shower timer

This great water-saving device will train you to save water while showering. The Shower Coach™ shower timer times exactly 5 minutes, showing you when it is time to turn the shower off. Just stick the large suction cup to your shower wall, simply rotate shower timer half a turn when you start, and finish your shower when the last grains of sand fall.

How to use:

- Clean suction cup.
- Place a tiny amount of water on suction cup to help it stick.
- Stick to the side of your shower.
- Simply rotate shower timer half a turn when you start.
- Finish your shower when the last grains of sand fall.

Teflon tape

Niagara's Plumber's Tape is a heavy-duty poly tape that is great for filling the gap between threads and preventing leaks. This product will seal and lubricate male pipe threads of all sizes.

How to install:
Installation tools: rag or old cloth.

- Start by cleaning the male threads at the end of the pipe with a clean rag.
- Place the end of the Teflon tape on the second thread in and hold it in place with one hand.
- Wrap the tape in the same direction of the threads.
- Keep tension on the tape and wrap it several times working away from the end of the pipe.
- When you have finished wrapping the Teflon smooth the loose end down into the threads.

Congratulations! Now you are saving energy and money! Looking for more ways to save energy and money around your home? We have lots of great ideas - so get in touch today!

Visit us at: Energy Solutions Centre

206A Lowe Street
(across from Riverside Grocery, in Dandelion Dental building)

Or call us at: 867-393-7063

Or our web site at: **www.goodenergyyukon.ca**

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