Energy Conservation in Day To Day Life

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Abstract — Energy conservation has become very important today in our day to day life. In view of tightening energy supplies and sharply rising costs, new approaches to controlling energy consumption were put into effect. Initially, energy conservation was largely based on operations and maintenance approaches. Now, it is important to periodically review buildings to be sure they are being operated and maintained in an energy efficient manner. Energy conservation today involves much more in way of capital improvements than it did a few years ago. Today, there are many proven products and services available in market to reduce utility costs. Early, energy conservation efforts were sometimes seen as a nuisance to building occupants. Today, many of improvements primarily made to conserve actually improve attractiveness, comfort and usefulness of building. At today’s energy prices strongest argument to energy conservation and energy management program is the cost of not conserving.

I. INTRODUCTION

One of the most effective ways to save energy is to improve operations and maintenance. In many buildings it is possible to save ten to thirty percent of the energy usage by changes in operation and maintenance. In the paper that follows many of the recommendations involve operation and maintenance. This paper covers a possible energy conservation tips applicable in day-to-day life. May results in significant amount of household energy. The intensity of energy conservation by different energy conservation tips discussed in this paper may differ according to geographical location, climate, condition and life style.

II. ENERGY CONSERVATION TIPS

- Plug home electronics into power strips with surge protection. Turn the strip off when the equipment is not in use.
- Replace regular light bulbs with ENERGY STAR® Compact Fluorescent Lights (CFLs). CFLs use up to 75 % less energy.
- Plant deciduous trees on the south and west sides of your home to block the afternoon and evening sun.
- Be more eco-efficient. Use a mug or glass instead of styrofoam or paper cups.
- Write with refillable pens made from recycled plastic.
- Look for the ENERGY STAR® label on home appliances and products.
- Activate your computer’s sleep mode when you leave your desk. This reduces electricity consumption to less than 5 percent of full power.
- Carpool or use public transportation. If you own a business, encourage carpooling or allow telecommuting to reduce carbon emissions.
- Save water by repairing leaky faucets. Even a slow leak wastes more than you realize.
- When building a new home, consider energy-efficient building materials.
- Shade air conditioning units with trees or shrubs, helping the unit run up to 10 % more efficient.
- Weather-strip and caulk around doors and windows to rid your house of drafts and prevent leaking of heated and cooled air.
- Install lighting occupancy sensors or timers in rooms that aren’t used often.
- Repair, seal and add insulation to existing heating and cooling ducts to prevent heating and cooling loss.
- Use task lighting when possible. Focus light where it’s needed rather than lighting an entire room.
- If your primary refrigerator is at least 10 years old, consider replacing it with STAR qualified product.
- Turn off running water when shaving or brushing your teeth.
- Consider using a gas range or oven as they cost less to operate than electric units.
- Make sure your refrigerator door seals are airtight.
- Place the washing machine near the hot water heater because water loses heat as it flows through pipes.
- Use a fan to help your air conditioner spread cooled air more effectively through your home without greatly increasing energy use.
- A healthy lawn is like an additional air conditioner, keep the grass green and lush.
- Don’t let kitchen or bathroom exhaust fans run longer than necessary.
- Use the energy-saving feature on computers, monitors, printers, copiers and other business equipment. Turn them off at the end of the day.
- Clean light bulbs regularly. Grime from cooking and dust can make a light bulb dirty, reducing the light it gives off.
- Use a pot or pan that completely covers the stove’s heating element. When any part of the element is exposed, you’re wasting heat and energy.
- When considering the layout of your kitchen, don’t place the refrigerator near an oven or other heat source so it will run more efficiently.
- Use less paper by printing and copying on both sides.
- Keep your freezer stocked (with food or even frozen bottles of water). Freezers work more efficiently when...
they are full than empty.

III. EXPECTED OUTCOME
Energy use and energy saving behavior cannot be explained by any one factor. Even in day to day life it depends on many factors. By following above tips in day to day life energy savings can be achieved and goal of energy conservation can be achieved. At individual level, it may seem a small amount of energy saving, but if everyone starts following these energy saving tips and put efforts for energy conservation, then major energy conservation can be achieved.

REFERENCES