

Lighting

The low-energy bulb revolution



Energy-saving light bulbs use up to 80% less electricity than the old bulbs but produce the same amount of light. And they last around 10 times longer.

From 2011, all bulbs manufactured in or imported into the EU were required to meet new energy efficiency standards. It was a case of 'out with the old, in with the new'. And since they use just a fraction of the electricity that their predecessors use, the new bulbs can save an average household around £3.00 per light bulb, per year.

Like the old-style bulbs, energy-saving ones come in all shapes and sizes. You can buy them for bayonet or screw fittings. They are often shaped like traditional light bulbs so they don't stick out of your lampshade. Even dimmable low-energy bulbs have now been developed.

What's more, the most recent models have a softer and warmer light, very similar to the old-fashioned bulbs that they are replacing. And while they still take a short while to warm up to full brightness, the decent brands are improving in this respect. Look out for bulbs carrying the Energy Saving Trust 'recommended' label, as they reach a target brightness very quickly.



Because they use less electricity, energy-saving bulbs have lower wattages than traditional bulbs. This means you can replace an old-style 100W bulb with a 25W one, and it'll give the same light while using a quarter of the electricity (see table below). In fact, because the useful measure of a bulb is actually how **bright** it is, they are now sold by **lumens** which measure light, rather than watts, which measure electricity (see the photo opposite). The **more lumens**, the **brighter the bulb**.

Comparing watts and lumens		
Traditional bulb	Energy saving bulb	Equivalent in Lumens
100W	20-25W	1,300
60W	11-19W	700
40W	8-10W	400
25W	5W	200



Lightbulb packaging now clearly states the bulb's strength in lumens as well as watts

Other types of lighting

Halogen bulbs use less energy than traditional bulbs. But, rooms lit with halogen bulbs usually have lots of fittings – dozens in some cases – so between them will use a lot of energy. Energy Saving Trust Recommended halogen bulbs use around 30% less energy than traditional halogens.

Light emitting diodes (LEDs) are mostly found as the little lights on TVs or on bike lights. But, as they are very energy efficient indeed, they'll soon replace a wide variety of bulbs including traditional lightbulbs, halogen spotlights and security lights.



Finally, if you're worried about your electricity bill, one of the best things you can do is keep an eye on your lighting. Are lights switched off when they're not needed? Are lights left on in unoccupied rooms, or in passage ways and landings? Children particularly need to be reminded to switch off the lights in their bedrooms. Bless 'em.

If a bulb carries the blue 'Recommended' logo it will produce light of a similar warmth to a traditional bulb, get bright quickly and last for at least 6,000 hours.

Turn over for energy saving tips ▶

Tips for lower energy bills

Happy paying your electricity and gas supplier more money than you need to? Thought not. Here are 10 ways to cut your bills ...

1) Give your clothes a day in the sun; and give your tumble drier a break. Clothes dried in the fresh air feel great, and there are drying days in winter, too.



2) Keep the oven door shut as much as possible; every time you open it, nearly a quarter of the heat escapes.



3) Catch 'em young. Encourage your children to switch off electric toys and lights that they're not using. They'll soon get the hang of saving energy.

4) Be a friend to your freezer. Defrost it regularly to help it run more efficiently.

5) Buying a new washing machine, TV or dishwasher? Look out for the Energy Saving Trust logo.



6) Don't over-fill the kettle (but do make sure you cover the metal element at the base).



7) Dodge the draught! Fit draught-excluders to your front door, letter box and key hole, and draw your curtains at dusk to keep the heat in.

8) Turn your heating down by 1 degree. You'll hardly notice the change in temperature, but it'll make a big difference to your heating bill.

9) Wait 'til you have a full load before doing a wash. Two half-loads use more energy (and water) than one full load.

10) Sleep tight. Make sure all the lights are turned off when you go to bed. If you want to light a child's room or a landing, use a low-wattage night light.



The SEACS* project brings together three UK and two French local authorities – Devon County Council, Dorset County Council, Wiltshire Council, le Conseil Général des Côtes d'Armor and Lannion-Trégor Agglomération – to tackle the energy challenge that is faced on both sides of the channel.

The aim of the project is to create opportunities for individuals, households, communities, schools and local authority buildings in both UK and France to reduce their energy consumption, implement energy efficiency measures and use clean/renewable energy where possible. The project will raise awareness of climate and energy issues and encourage long term behavioural change towards energy usage. Cooperation will be the ethos of the project and participants will have the opportunity exchange and learn from each other.

Devon County Council, England

John Holman
01392 382812 | john.holman@devon.gov.uk

Dorset County Council, England

Stacie Forrester
01305 225230 | s.forrester@dorsetcc.gov.uk
Pete West
01305 228530 | p.west@dorsetcc.gov.uk

Wiltshire Council, England

Clare Langdon
01225 713799 | clare.langdon@wiltshire.gov.uk

*SEACS: Sustainable Energy Across the Common Space

SEACS was selected under the European Cross-border Cooperation Programme INTERREG IV A France (Channel) – England, co-funded by the ERDF.

www.seacs.info

This leaflet was originally produced by the Centre for Sustainable Energy (CSE) and reprinted in this version on behalf of SEACS.

CSE's Home Energy Team offers free advice on domestic energy use to householders in Bristol, Somerset and South Gloucestershire. Call free on 0800 082 2234, email home.energy@cse.org.uk or follow us on twitter @cse_homeenergy

More energy advice leaflets at www.cse.org.uk/advice-leaflets



3 St Peter's Court
Bedminster Parade
Bristol BS3 4AQ

0117 934 1425
www.cse.org.uk
info@cse.org.uk

We are a national charity (no 298740) that helps people change the way they think and act on energy.

