



熨斗 Electric Iron

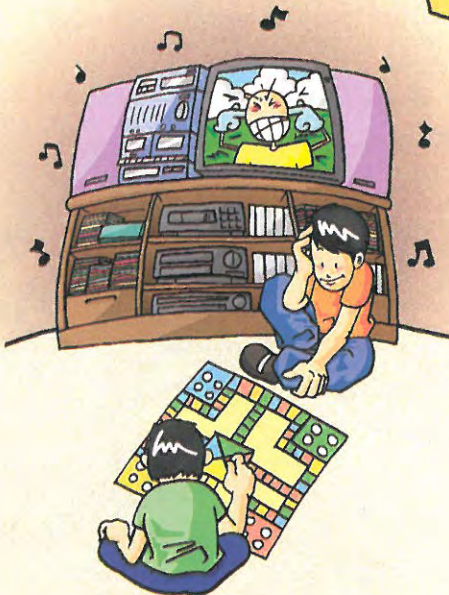
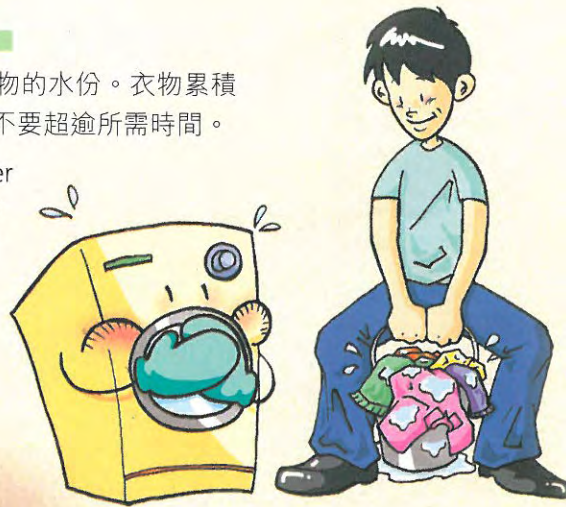
熨衣物使用適當的溫度已足夠。無需熨所有衣物，例如毛巾、內衣及免熨恤衫就不必熨。

Use the iron at the correct temperature setting. Don't iron everything. It's not necessary to iron towels, underwear, drip-dry shirts etc.

乾衣機 Tumble Dryer

用乾衣機前先盡量除去濕衣物的水份。衣物累積至足量才開動乾衣機。乾衣不要超逾所需時間。

Remove as much excess water as possible from your clothes before drying. Wait for a full load and don't over-dry.



電視機 Television

無人觀看時應把電視機關掉。不要將電視當作背景音樂使用。

If nobody is watching TV, turn it off. Don't use it for background music.



電燈 Lighting

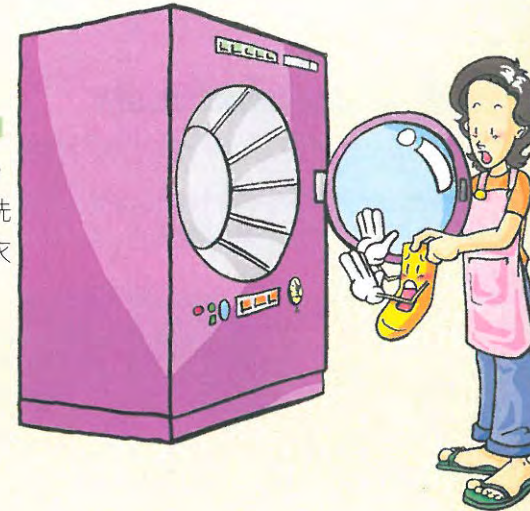
房內無人時，緊記關掉房內電燈。不要浪費電力，只亮着所需的電燈。不必用過高火數的燈泡，可改用較低火數替代。

When you are at home, turn off lights when no one is using the room. Use only the minimum number of lights necessary. Don't use higher wattage lights than necessary – use lower power bulbs.

洗衣機 Washing Machine

用洗衣機洗濯小量衣物浪費電力，應該待衣物累積至足量時才開動洗衣機。盡可能選用低溫及較短洗衣程序。

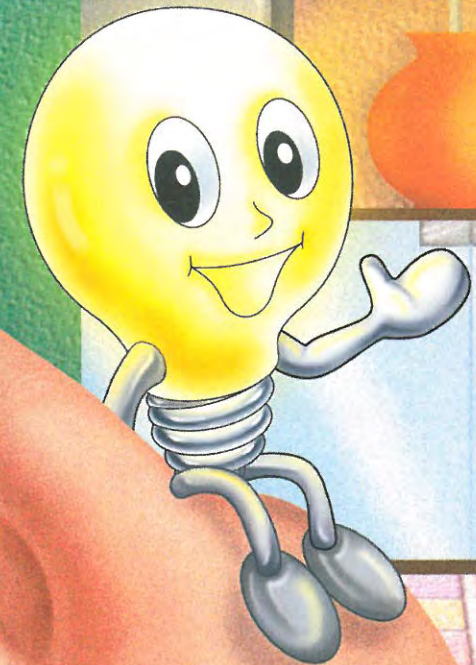
It's wasteful to use your washing machine unless you have a full load. Use lower temperature settings, or shorter programmes.



要將以上用電方法培養成習慣非常容易，這不但可為你節省金錢，更有助環保。

The above steps can easily become your habit, a good habit which will benefit your pocket as well as your environment.

怎樣在家實行效率用電
Efficient use of
electricity at home



家庭電器是今日生活之必需品，因為它們既方便又效能高。但我們在使用這些電器用品時，必須注意有效率用電之重要性。

適當使用電器，不浪費電力，不單可節省金錢開支，更可協助保護我們的環境。

以下是避免浪費電力的一些簡單方法：

Electrical home appliances are essential for today's homes because they are most convenient and effective. While we enjoy using them, we must bear in mind the importance of efficient use of electricity.

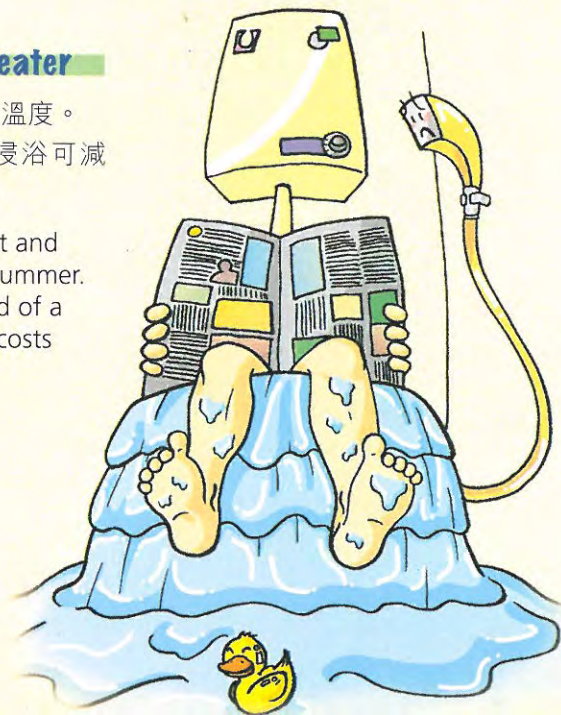
Using your electrical appliances sensibly without wasting electricity will not only save you money on running costs but will also contribute to the conservation of our environment.

The following are some simple tips on how to avoid wasting electricity:

熱水爐 Water Heater

夏季可調低恆溫器的溫度。
改用花灑淋浴代替浸浴可減低三份之二的費用。

Check the thermostat and lower the setting in summer. Take a shower instead of a bath. It actually cuts costs by two-thirds.



電水煲 Kettle

煲夠用之水量便可。使用發聲水煲在水沸時會發出響號，助你節省燃料。使用自動式電水煲更有效。

Boil only as much water as you need. A whistling kettle will tell you when the water has boiled, and save your fuel. Kettles that turn themselves off automatically are even better.



冷氣機 Air-conditioner

不要將冷氣機的恆溫器調校至最冷之度數。使用時緊記要關閉門窗。

Don't set your air-conditioning thermostat at the coldest level. Remember to close your doors and windows.



雪櫃 Refrigerator

雪櫃的門應常緊閉，避免開門過頻。按需要調校冷度，積雪過多會浪費電力，並需定期溶雪。

Make sure the door seals properly. Avoid opening the door more than necessary. Don't set it colder than you need. Too much ice wastes electricity – defrost your refrigerator regularly.



烹飪電爐 Cooker

要蓋好烹飪器皿，不要放入過多水。

Keep your saucepans covered and don't use more water than necessary.

打蠟機及吸塵機 Floor Polisher & Vacuum Cleaner

地毯吸塵及地板打蠟之次數不必過多，適可而止。

Reduce the number of times you vacuum your carpet and polish your floor.

