

Your gas costs

Lounge

Item	Duration	Units (kWh)
Decorative gas fire	1 hour	6-10
Instant water heater	1 day's use	11
Radiant / convector gas fire	1 hour (on full)	5
Radiant / convector gas fire	1 hour (on low)	1
Radiant glass-fronted fire	1 hour	4
Wall heater	1 hour	2-4

Kitchen

Item	Duration	Units (kWh)
Gas burner (on full)	1 hour	3.5
Gas burner (on low)	4 hours	1
Grill (on full)	1 hour	4
Oven (gas mark 7)	1 hour	1.5
Oven (gas mark 2)	10 hours	1

Useful contacts

Age Concern Cymru and Help the Aged in Wales
Tel: 029 2043 1555 www.agecymru.org.uk

Home Energy Efficiency Scheme
Tel: 0800 316 2815 www.heeswales.org.uk

Energy Saving Trust
Tel: 0800 512 012

AGE Cymru
Concern

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Help the Aged yng Nghymru
Help the Aged in Wales

Age Concern Cymru and Help the Aged in Wales (registered charity number 1128436)



Guide to home energy costs



With energy prices at an all time high, knowing the running costs of gas and electrical appliances in your home can help you work out where you spend your money and where you might be able to make savings.

Your electricity costs

You can work out the amount of electricity you use fairly easily. Electricity is sold by the unit, one unit (a kilowatt hour or kWh) is one kilowatt (kW) of electricity used for one hour.

To calculate the running costs of appliances, multiply the units used by the cost per unit. Your bills will tell you what you pay per unit.

The tariff you are on will also affect your running costs. Economy 7, for example, means costs are cheaper during certain hours.

Heating / Lighting

Item	Duration	Units (kWh)
Energy saving lightbulb (20W)	50 hours	1
Fluorescent strip light (40W)	25 hours	1
Conventional bulb (60W)	16 hours	1
3 Bar fire (3kW)	1 hour	3
Fan / convection heater (2kW)	1 hour	2
Oil radiator / infra-red heater	1 hour	1
Panel heater	40 minutes	1
Storage heaters	7 hours	12-24

Bathroom / Bedroom

Item	Duration	Units (kWh)
Electric shower	6 x 10 minutes	8.5
Heated towel rail (250W)	4 hours	1
Immersion heater (3kW)	1 hour	3
Instant water heater (3kW)	1 hour	3
Hair dryer (1000W)	1 hour	1
Double electric over-blanket	6-8 hrs a night (1 wk)	12
Double electric under-blanket	1.5 hrs a night (1 wk)	1.5

Lounge

Item	Duration	Units (kWh)
Digital / cable box	11 hours	1
Stereo system	3.5 hours	1
Television (CRT)	6 hours	1
Video recorder / DVD Player	45 hours	1
LCD/Plasma television	5.5 hours	1

Kitchen

Item	Duration	Units (kWh)
Dishwasher (cold fill)	1 full load	3-4
Iron	1 hour	1
Kettle	7 litres	1
Toaster	60 slices	1
Tumble Drier	1 hour	3
Conventional oven	Medium / 1 hr	3
Cooker grill	40 minutes	1
Cooker hood	10 hours	1
Fan-assisted oven	Medium / 1 hr	2
Microwave (750W)	1.5 hours	1
Radiant ring	1 hour	2
Fridge	24 hours	1-2
Freezer (upright / chest)	24 hours	2-3
Fridge-freezer	24 hours	2-3
Cylinder vacuum cleaner	30 minutes	1
Upright vacuum cleaner	2 hours	1
Washing machine (90°C)	Full load	3-4
Washing machine (40°C)	Full load	2-3