



SAVING ENERGY

1. Turn off lights and electrical appliances when not in use
2. Use low consumption light bulbs 
3. Choose high-energy class appliances
4. Take a shower instead of a bath 
5. Smart use of washing machine and dishwasher

6. Use little oven and
iron



7. Better manage the
refrigerator

8. Heating and boiler



9. Pay attention to the
stand-by

10. Change your energy
supplier

