

# 10 Energy Myths Busted

## 1. Does switching Fluorescent lamps on and off shorten their lives?



**YES! But it is a minor issue.** Switching all types of lamps on and off shortens the life span. Fluorescent lamps have a life of between 8,000 and 10,000 hours (compared to 1,000 hours for incandescent globes) so the small amount of wear and tear is a minor issue.

The change in power usage when you switch on a fluorescent lamp is also so small that you don't save any energy by leaving the lights on. Switch lights off when you leave the room.

## 2. Are low voltage halogen (downlights) energy efficient?



**NO!** More downlights are needed to light the space where one traditional light fixture would do the trick. Each 55 watt (w) globe is actually 65w (Halogen lamps have a transformer in the roof which uses an additional 10w.) Halogens are 3x more expensive to run than energy efficient lighting, AND their average life is only 1/4 that of an energy efficient light bulb.

## 3. Do screen savers save energy?



**NO!** Switching your monitor off while you are away from the computer will save energy.

## 4. Are flat screen TV's energy efficient?



**NO!** Plasma sets can use up to four times as much electricity as the old style cathode-ray tube models.

## 5. Does my mobile phone charger or lap top charger draw energy if left on?



**YES!** If you leave your charger on at the switch and you are not charging your appliance, you are drawing energy unnecessarily.



## 6. Do Standby functions on appliances save energy?

**NO!** Standby energy use is increasingly becoming a significant source of wasted energy in the home. It currently accounts for 12% of your total home energy use. Unless your appliance is doing something, switch it off at the wall!



## 7. Does leaving heating or cooling on continuously save energy?

**NO!** The saving in the 'off' period always exceeds the extra energy used to bring the temperature to the required level.



## 8. Does putting the thermostat on higher mean the heating will heat up quicker?

**NO!** When you set the thermostat higher than required the heater just has to run longer until the setting is reached, it doesn't heat up any quicker. Set the thermostat to the desired level and then leave it.



## 9. If I switch my electricity to GreenPower does that mean I won't have electricity on cloudy or windless days?

**NO!** When you choose to buy GreenPower electricity, it does not come directly to your house but is fed into the power lines in place of conventional electricity. Your electricity company will purchase the amount of electricity you use from renewable sources such as the sun, wind, water or waste, reducing the need for electricity derived from the burning of fossil fuels.



## 10. Do water saving shower heads reduce green house gas emissions?

**YES!** Heating water uses a lot of energy. A water saving shower head will reduce the amount of hot water you need for your shower. In fact installing a three star rated shower head will save up to 19, 000 black balloons of greenhouse gas emissions each year!

*Excerpts taken from Myth Busters Information Sheet. State of Victoria (Department of*