



**PROJECT:
SAVING ON WATER AND
ELECTRICITY CONSUMPTION
THE ROLE OF A
RESPONSIBLE COMMUNITY**

Specialised Security Services is receiving an exponential number of complaints concerning municipalities and the dereliction of duties by those responsible for the smooth and efficient running of services.

Maladministration, corruption and neglected responsibilities have placed enormous strain on the communities that are supposed to benefit from their services.

Even though we are attending to the various complaints, we would like to urge the public to take cognisance of their own role in the situation and how each and everyone can make a difference.

Energy and water are intricately connected. All sources of energy (including electricity) require water in their production processes: the extraction of raw materials, cooling in thermal processes, in cleaning processes, cultivation of crops for biofuels, and powering of turbines.

- The connection between water and energy in a water-scarce country like South Africa is huge, because moving and purifying water needs a lot of energy, and in order to generate energy a lot of water is required.
- As South Africa is again on the brink of months of load shedding ahead, Eskom's role in this situation is just as pertinent.

- To understand the impact that Eskom is having on the water situation, it is important to understand that to move and purify water requires a tremendous amount of energy, and by that same token to generate energy requires a large amount of water.
- It is a vicious cycle.

WE CAN MAKE A DIFFERENCE

***By attending to the small everyday issues,
our impact can make important changes.***

SAVING ON YOUR WATER CONSUMPTION

1.

Check your toilet for leaks.

- If you want to check for a leak in your toilet, drop a few drops of food colouring into your toilet tank (the top part) and wait 24 hours.
- If after 24 hours the water in the toilet bowl has changed to the colour the water in the tank (without you having flushed it) it means your toilet has a leak.

2.

Stop using your toilet as an ashtray or dustbin.

- Every cigarette butt or tissue you flush away also flushes away 18 to 26 litres of water!

3.

Put a plastic bottle in your toilet tank.

- Put an inch or two of sand or pebbles in the bottom of a one litre bottle to weigh it down.
- Fill the rest of the bottle with water and put it in your toilet tank, safely away from the operating mechanism.
- This reduces the amount of water used with each flush, without cancelling the efficiency of the mechanism.

4.

Take shorter showers.

- A typical shower uses 19 to 38 litres of water a minute. Limit your showers to the time it takes to soap up, wash down and rinse off.

5.

Install water-saving showerheads or flow restrictors.

- If this sounds like far too much effort, the least you could do is fit your shower with a new, high-tech low-flow showerhead.
- These showerheads reduce your water consumption by up to 75% without leaving you feeling like you are standing under a slow drip instead of a shower.

6.

Place a bucket with you in the shower.

- The solution to shower water wastage is simple, **shower with a water receptacle!** showering with a water receptacle on the floor of the shower to collect run-off means being able to save and re-use **60 litres of water per person per day** on average – 60 litres of water can go a long way!
- Taking shorter showers also means saving far more water than you may realise.
- Cutting an 8-minute shower in half means saving **30 litres of water!**
- By saving the water from your shower, you can reuse it in your garden or use it to flush your toilets or even to wash your floors, etc.

7.

Turn off the water while brushing your teeth.

- Before brushing, wet your brush and fill a glass for rinsing your mouth.

8.

Turn off the water while shaving.

- Fill the bottom of the basin with a few inches of warm water in which to rinse your razor.

9.

Check taps and pipes for leaks.

- Even a small drip can waste 189 litres or more of water a day.

10.

Use your automatic dishwasher for full loads only.

- Every time you run your dishwasher; you use about 94 litres of water.

11.

Use your automatic washing machine only for full loads only.

- Your automatic washer uses 113 to 132 litres per cycle.

12.

Don't let the faucet run while you clean vegetables.

- Rinse your vegetables instead in a bowl or basin full of clean water.

13.

Keep a bottle of drinking water in the refrigerator.

- This puts a stop to the wasteful practice of running tap water to cool it for drinking.

14.

If you wash dishes by hand, do not leave the water running for rinsing.

- If you have two sinks, fill one with rinse water. If you have only one sink, first gather all your washed dishes in a dish rack, then rinse them quickly with a spray device or a pan of water.

15.

Check taps and pipes for leaks.

- Leaks waste water 24 hours a day, seven days a week. An inexpensive washer is usually enough to stop the wastage.

16.

Water your lawn only when it needs it.

- Watering on a regular schedule does not allow for cool spells or rainfall which reduce the need for watering.

17.

Deep soak your lawn.

- When you do water your lawn, water it long enough for water to seep down to the roots where it is needed. A light sprinkling that sits on the surface will simply evaporate and be wasted.

18.

Water during the cool parts of the day.

- Early morning is better than dusk since it helps prevent the growth of fungus.
- As a rule: Water your garden before 10:00 or after 16:00.

19.

Don't water the gutter.

- Position your sprinklers so that water lands on your lawn or garden, not in areas where it does no good.
- Also, avoid watering on windy days when much of your water may be carried off to the streets and sidewalks.

20.

Plant drought-resistant trees and plants.

- Many beautiful trees and plants thrive without irrigation.

21.

Put a layer of mulch around trees and plants.

- Mulch slows the evaporation of moisture.

22.

Use a broom to clean driveways, sidewalks, and steps.

- Using a hosepipe wastes hundreds of litres of water.

23.

Don't run the hose while washing your car.

- Soap down your car from a pail of soapy water. Use a hose only to rinse it off.

24.

Check for leaks in pipes, hoses, taps and couplings.

- Leaks outside the house are easier to ignore since they don't mess up the floor or keep you awake at night. However, they can be even more wasteful than inside water leaks especially when they occur on your main water line.

25.

Report water leakages wherever you see them.

- It is the civil duty of every individual to report broken pipes or wasting water to the local authorities. There is no point in assuming that someone else has already done so – ***YOU need to make the call!***

SAVING ON YOUR ELECTRICITY CONSUMPTION

1.

Dishwasher

- Dishwasher energy consumption can be reduced by turning off the dishwasher after the final rinse and before the drying cycle. The clean dishes can then be wiped with a dry cloth.
- Fill the dishwasher completely before operating. Partial loads waste electricity and water.
- Short wash cycles, rinse-only cycles, mid-cycle turn-off, and other features are designed for energy conservation as well as convenience.

- Connect your dishwasher to COLD water supply unless otherwise directed. Normally only one wash and one final rinse cycle requires hot water which is heated by an element in the dishwasher.
- The dishwasher filters must be kept clear of debris. A blocked filter reduces efficiency and wastes energy.
- Proper loading is important for the dishwasher to work efficiently.

2.

Refrigerator

- Choose a refrigerator of a size based on the needs of your family - a refrigerator operates at peak efficiency when filled.
- Do not overload your fridge, excessive products in your fridge will lower the quality of the food and use more electricity - as much as 10-20% more for each extra product.
- Do not set freezing temperatures lower than necessary, it wastes as much electricity as excessive heat.
- Thick frost on chilling panels reduces cooling ability. If you do not have a frost-free model, defrost your refrigerator when frost is between 0,6 to 1,3 cm thick.
- Do not open your refrigerator door needlessly. By getting into the habit of removing and replacing several articles at once, you will reduce the loss of cold air.
- Let hot foods cool down before placing them in the refrigerator. (To prevent bacterial growth, allow about 20 minutes standing time).
- Be sure the seal around your refrigerator door is intact. (Close the door on a piece of paper: if you can pull the paper out easily, the seal should be replaced).
- Remove all heavy wrapping from food before storing it in the refrigerator.
- Cover all liquids stored in the refrigerator (especially frost-free models).
- Foods should be placed slightly apart on refrigerator shelves to allow the cooling air to circulate.
- Exposed condenser coils and panels (usually at the back of the unit) MUST be kept clean and dust free. When cleaning you must be careful not to damage the panels.
- Do not place the refrigerator near the stove or against an uninsulated wall that faces the sun.
- Allow adequate space around the refrigerator for free air circulation. The air carries heat away from the fridge - if air cannot circulate, the fridge cannot work properly.
- Switch on the energy saving switch if one is fitted to the refrigerator.
- Switch off, empty, or clean your fridge, when taking an extended holiday.

3.

Freezer

- Freezers and refrigerators operate most efficiently when filled to the capacity recommended by the manufacturers.
- Never forget that only one-tenth of a freezer's capacity should be used for freezing of fresh food at any one time. The freezer must work harder to remove heat and uses more power. Example, 28 litres (one cubic foot) will store 12,5 to 15 kg (25-30 lbs.) of frozen food and will freeze about 1,5 kg (3 lbs.) of fresh food at a time.
- Food to be frozen should be placed in contact with those parts of the freezer that contain the refrigerant tubes, usually the sides of chest models.
- Defrosting of chest type freezers should be done once or twice a year. For upright models, defrosting should be done two or three times a year. NEVER allow frost build up to exceed 0,6 to 1,3 cm.
- By keeping a list of the location of foods in the freezers, the freezer can be kept open for a minimum of time, preventing the loss of cold air.
- The freezer should be kept as full as possible to prevent heavy icing.

- On all models keep condenser panels at the rear of the freezer clean and dust free for maximum efficiency and conservation of energy.
- A second freezer should only be operated when necessary.
- In a single door unit, it is essential that the separate freezer compartment has its own door intact. Otherwise, the unit will tend to operate the whole of the refrigerator as a freezer - this can be expensive.

4.

Electric stove

- Use cooking utensils with flat bottoms and tight fittings covers.
- Be sure pots and pans completely cover the stove plates.
- Take advantage of the heat sensing control for stove plates. It allows the stove plate to cut off the electricity supply occasionally while still cooking. It does not affect the food, only your bill.
- Use a pressure cooker to conserve energy when cooking foods that take a long time, such as pot roasts, stews, and steamed puddings.
- For full efficiency from radiant stove plates the stove plate reflectors (underneath the stove plates) should always be kept clean.
- Bring foods to the boil quickly on the "high" setting, then turn the heat down to simmer to finish cooking.
- Do not use the grilling compartment to make toast - it is expensive.
- Do not use the oven to heat the kitchen - it is expensive and far less efficient than a heater.
- Keep oven doors completely closed until food is cooked. Every time the door is opened, the oven temperature drops, and the heat must be replaced.
- Allow free circulation of heat within the oven. Place pans and containers so that they do not touch each other, or the sides of the oven.
- When buying a new stove, choose one with a convection oven. This type of oven uses less energy than conventional ovens and cooking time is substantially reduced.

5.

Microwave ovens

- Defrost your food in the refrigerator instead of the microwave oven: it is more economical.
- Use your microwave oven to cook small to medium quantities of food. To cook larger portions of meat, it is better to use a conventional oven.

6.

Small appliances

- Using small kitchen appliances instead of the stove can save energy. Toasters, electric grills and skillets, slow cookers, electric coffee pots and bottle warmers usually require less energy than the stove when used correctly.
- Use an electric kettle to boil water, not a saucepan or a microwave.
- When vacuuming, empty or replace the dust bag frequently.
- A faulty appliance will not work efficiently and can waste energy. Repair or replace them promptly.

7.

Lighting

You will save energy, money, and eye strain by lighting your home correctly. Follow these guidelines:

- The wattage of a bulb is not a measure of the amount of light it gives, but rather the energy it uses. For instance, a 100-watt bulb gives 50% more light than four 25-watt bulbs.
- Fluorescent lamps give five times the light and last up to 10 times as long as ordinary bulbs.
- Fluorescent lighting is more economical - Watt for Watt than incandescent bulbs. They use less energy and can last about 10 times longer.
- Try not to install multiple lights (lamps or lighting fixtures) on a single switch. Above all, turn lights off whenever possible because, they use electricity while they burn.
- Dimming switches allow you to regulate the light level and reduce electricity consumption to some extent.
- Use low energy lamps for exterior lighting.

8.

Washing machine

- Buy a washing machine, which offers a variety of water temperature settings.
- A front-loading washing machine uses less water and costs less to operate even though the purchase price may be higher than a top loader.
- Use warm and cold water setting as much as possible to cut down on energy needed to heat the water.
- Take advantage of special features on your washer that can save money. For example, soak cycles remove stubborn stains in one wash cycle.
- The automatic washing machine uses the same amount of electricity for a full load as it consumes for a single item. Save dirty clothes until a full load has accumulated.
- Never overload your automatic washing machine. Overloading will reduce the cleaning action. (Varying the size of garments in a full load improves the cleaning action by allowing free circulation).

9.

Tumble dryer

- Clean the lint filter on the dryer after each operation to maintain full air flow and to maximise the drying efficiency.
- Dryers equipped with an electronic humidity control are the most efficient because they automatically shut off the drying cycle when the clothes are dry. Other models are equipped with electric timers which, allow you to select the length of the drying cycle. Here it is important not to overestimate the length of the drying cycle.
- A permanent-press cycle with a "cool-down" period saves energy and dries efficiently.
- Compact dryers are economical if you only have small amounts of clothes to dry. Never overload a tumble dryer but avoid under-loading as well.
- Use correct temperature settings to minimise the amount of electricity consumed.
- Over-dried clothes feel harsh and waste energy. Experiment to find the right setting. Some natural materials such as cotton and wool should retain some moisture to avoid wrinkling.
- Dripping wet clothes should never be placed in the tumble dryer. They should have as much moisture removed beforehand as possible and they should never be folded before being placed in the dryer.

- Dry clothes in consecutive loads where possible. The dryer will be warm already and will save on initial energy consumption.
- On sunny days take advantage of good weather and dry your clothes outside.

10.

Iron

- An iron consumes as much energy as ten 100-watt light bulbs. Several steps can be taken to increase ironing efficiency.
- Iron low temperature fabrics first to reduce warm up time.
- Iron large batches of clothing at one time to avoid wasting energy reheating the iron several times.
- Switch your iron off before you are finished and complete the ironing on stored energy.
- Prevent scorching and wasting energy by not overheating the iron.
- Be sure to turn your iron off if you are interrupted whilst ironing.
- Use the permanent-press feature on your washer and dryer if it is available.
- By removing clothing promptly from the dryer and folding them carefully, many items will require no ironing, or just a quick press.

Make a conscious decision to apply these small changes and make it an integral part of your household and the education of your children, to create a better future for everyone.

**DO NOT BE COMPLACENT!
TAKE ACTION!
EDUCATE!
BE THE EXAMPLE!**

Resources

- https://www.eskom.co.za/AboutElectricity/ElectricityTips/Pages/Conserving_Electricity.aspx
 - <https://www.dailymaverick.co.za/article/2019-04-05-eskom-and-the-deepening-water-crisis-in-south-africa/>
 - <https://www.volusia.org/services/growth-and-resource-management/environmental-management/natural-resources/water-conservation/25-ways-to-save-water.stml>
-

Previous project

- <https://mikebh.link/NIHdI>

You may forward this document.

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