有關節能的網站

能源資訊園地
Energyland
http://www.energyland.emsd.gov.hk

環境保護署——同心協力改善環境
EPD — “How You can help”

水務署——惜水諦鑑
Water Supplies Department – Water Saving Tips

香港可持續科技網
HK Sustainable Technology Net
http://sustech.emsd.gov.hk

港燈——煙電篤義
Hk Electric – Smart Tips for Energy Efficiency
http://www.heh.com/hehWeb/CommunityAndEducation/EnergyEfficiencyAndConservation/SmartTipsforEnergyEfficiency/Index_zh.htm

中電——節約能源建議
CLP – Energy Saving Tips
This booklet aims to provide tips for saving energy at home.

Some simple energy saving tips at home:

1. Use energy efficient appliances. (Look for the energy label “Grade 1” products which are most energy efficient).
2. Switch off those appliances that are not in use or after use.
3. Use appliances with timer control or automatic power-off function. Do not leave them in standby mode for a long period.
4. Set room coolers to maintain room temperature at 25.5°C in summer.
5. Replace incandescent lamps with more energy efficient lamps (e.g. compact fluorescent lamps (CFLs) and ceramic metal halide lamps (CMHs)).
6. Minimise hot water usage for bathing and cleaning purpose.
7. Maintain appliances regularly before or after use for optimal energy performance.
8. Use appliances of appropriate capacity and features best suited for home.
**Washing Machine**

- Choose energy efficient washing machines. Washing machines with "Grade 1" energy labels are most energy efficient.
- Collect a full load of clothes before washing. Washing a half load of clothes consumes almost the same amount of energy as washing a full load of clothes.
- Separate clothes according to fabric, colours and dirtiness; and wash the clothes according to the washing instruction to save energy and water.
- Use a low-temperature wash cycle as far as possible, and don’t use too much detergent.

**Tumble Dryer**

- Choose energy efficient tumble dryers.
- Whenever possible, hang-dry the washing in sunlight at outdoors.
- Remove excess water from clothes or spin dry the clothes at high-speed spin cycle in the washing machine before drying in a tumble dryer can save more energy.
- Clean the lint filter before/after each load that keeps dryers more efficient.

**Iron**

- Iron clothes in bulk to avoid frequent reheating of the iron.
- Select the appropriate degree of heat for ironing. Iron clothes that requires high heat first, then medium heat. Switch off the iron and use the residual heat for fabrics requiring low heat like silk.
- Switch off the iron when it is done or not in use for a period of time.
雪櫃 Refrigerator

- 購買雪櫃時，應選用具能源效益的型號，貼有「第一級」能源標籤的雪櫃能源效益最高。
- 避免把雪櫃放置於太陽直射的地方，煮食爐具或其他發熱物體附近。
- 雪櫃頂部及四周應留有足夠空隙散熱，並定期清潔雪櫃背面的散熱裝置，以免浪費電力。
- 雪櫃門應經常緊閉，並確保其密封墊緊貼，避免開門過頻。
- 不要將雪櫃調校至不必要的過冷溫度。
- 讓食物冷卻至室溫，才放進雪櫃內。
- 雪櫃內不要儲存太多食物。所有儲存的食物應先封存好及按序排列，讓冷空氣可流通無阻。
- 積雪過多會浪費電力，需定期溶雪。
- 出門遠行前應先清理雪櫃內一切食物，然後關掉電源。
- Choose energy efficient refrigerators. Refrigerators with “Grade 1” energy label are most energy efficient.
- Place refrigerators away from direct sunlight, cookers, ovens or other heat sources.
- Allocate adequate space at both sides and the top of the refrigerator and regularly clean the condensing coil at the back of the refrigerator to provide better heat dissipation, and avoid consuming more electricity.
- Make sure the doors of the refrigerator are closed and the door seals are tightly fitted. Avoid opening the refrigerator door too frequent.
- Do not set the refrigerator temperature unnecessarily low.
- Allow hot or warm food to cool down to room temperature before putting it into the refrigerator.
- Do not store too much food in the refrigerator. Cover all food stored, and arrange them properly so that cold air can circulate freely.
- Defrost the freezer compartment of the refrigerator regularly. Don’t let frost built up in the freezer compartment as such will increase energy consumption.
- Empty the refrigerator and switch it off from the power source if going away for a long vacation.

煮食爐具 Cookers / Ovens / Hotplates / Kettles

- 選用具風力循環功能的電焗爐比一般傳統電焗爐更節省能源。
- 選用電磁爐，因為它們的能源效率比用電熱板為高。
- 選用能源效率高的爐具煮食，例如使用微波爐或烤箱包爐來烹製少量食物或將食物加熱。
- 選用多噴霧式平頭爐/焗爐，因可利用更靈活的煮食方式來節省能源。
- 調校爐火以配合鍋底的大小，爐火越過越多浪費能源，也不會提高煮食的效率。
- 選用慢火煮食鍋或慢火焗爐而逐步焗爐，來加熱砂鍋及其他食物，可節省大量能源。
- 用電水煲比起用煮食爐煲水更節省能源。煲水不宜過量，足夠飲用便可。
- 使用有煮沸後會自動關掉功能的電水煲，毋須使用時，應拔掉電水煲插頭。

一般煮食之節約能源提示 General Cooking Hints

- 用壓力鍋煮食不但可節省大約 2/3 的烹調時間，而且節省能源。
- 經常使用鍋蓋存熱可節省能源。

- Choose fan-forced electric ovens can save more energy over conventional electric ovens.
- Use induction cookers as they are more energy-efficient than electric stoves.
- Use efficient appliances like microwave ovens or toaster ovens for cooking and baking in small quantities.
- Use multi-jet cookers/ovens as their versatility can minimise energy wastage.
- Adjust the stove flame to fit the bottom of the cooking pan. Gas flame going up the sides of a pan wastes energy, and will not increase the cooking efficiency.
- Use slow-cook pot or simmer burners rather than ovens to reheat casseroles and other foods can save a great deal of energy.
- Use electric kettles for boiling water are more energy saving than the cookers/hotplates. Don’t boil water more than required.
- Use electric kettles that can switch off automatically when the water has boiled. Unplug the kettle if it is not in use.
### Lighting

- In non-essential use, switch off lights.
- Use daylight whenever possible. Replace incandescent lamps with more efficient lamps (e.g. CFLs and ceramic metal halide lamps CML). CFLs use 75% less energy than incandescent lamps, and on average last up to 6 to 8 times more.

### Dishwasher

- Wash only with a full load of dishes.
- Air dry dishes instead of using dishwasher’s drying cycle.

### Air Conditioners

- Choose energy efficient air conditioners. Air conditioners with “Grade 1” energy label are most energy efficient.
- Air condtioners with “Grade 1” energy label are most energy efficient.
- Where possible, use electric fans, better with a timer control, instead of air conditioners.
- Set the air conditioner to maintain room temperature at 25.5°C in summer.
- Clean the filters of air conditioners regularly. Remove obstructions at air vents (i.e. air inlets and outlets) of air conditioners.
吸塵機 Vacuum Cleaner

- 使用吸塵機時應避免吸塵機吸入塵土和細小物體。
- 定期清潔吸塵機，並保持吸塵機的性能。

熱水爐 Water Heater

- 無需使用即熱式熱水爐。如必須採用儲水式熱水爐，應選用具有能源效益的型號。
- 如用儲水式電熱水爐，應選擇儲存容量適合家庭需要的儲水電熱水爐。
- 熱水爐於用完後應即時關掉，或裝置時間掣和定時關掉。
- 儲量調低熱水爐水溫，尤其是在夏天。

電暖爐 Electric Heater

- 熱水爐應盡量安裝在靠近水龍頭的位置。
- 花灑淋浴比浴缸浸浴可節省50%的熱水和能源。
- 如非必要，使用冷水代替熱水。
- 低流量式花灑頭亦可節水兼節約熱能。

- 安裝熱水爐及電暖爐時，應避免對熱水爐及電暖爐造成損壞。
- 安裝熱水爐及電暖爐時，應避免對熱水爐及電暖爐造成損壞。

- 安裝熱水爐及電暖爐時，應避免對熱水爐及電暖爐造成損壞。
- 安裝熱水爐及電暖爐時，應避免對熱水爐及電暖爐造成損壞。

- 安裝熱水爐及電暖爐時，應避免對熱水爐及電暖爐造成損壞。
### Dehumidifier
- Purchase dehumidifiers that are energy efficient. Energy Star labeled dehumidifiers are most energy efficient.

- Choose dehumidifiers that have automatic dehumidifying mode to prevent unnecessary energy wastage.

- Place the dehumidifier in a well-ventilated area and away from corners. Do not obstruct the air outlets and return for optimum performance.

- Keep the windows and doors closed when the dehumidifier is ON.

- Clean the filter and condenser coils frequently to keep dehumidifiers in good condition.

### Personal Computer (PC)
- Turning off the screen can save even more than just letting the 'screen saver' run.

- Use the power management feature to preset the PC to 'sleep' or 'hibernation' mode when it is idle.

- Switch off the power source to the PC and all the peripheral devices, such as monitor and printer, etc., whenever they are not in use.

* In sleep/hibernation mode (or sleep mode), the PC consumes small amount of electricity (as sleep or hibernate mode is also called as standby mode).
節約能源例子

Energy Saving Examples

具能源效益的產品能大幅減低能源消耗，若消費者願意改用能源效益較高的電器，便可節省不少能源，以下是數個例子：

a. 一台貼有「第一級」能源標籤的恆溫器與相同製造商的「第五級」能源標籤恆溫器相比，每年可節省最多480元的電費。

b. 一台貼有「第一級」能源標籤及洗衣重量5公斤的水平滾筒式洗衣機與「第五級」相比，每年可節省最多170元的電費。

c. 一台貼有「第一級」能源標籤的200公升雪櫃與「第五級」相比，每年可節省最少380元的電費。

d. 貼有「第一級」能源標籤的恆溫器能源效益最高，平均電費壽命可達8,000小時或以上，而貼有「第五級」能源標籤的恆溫器的恆溫器的平均電費壽命則在6,000小時以下。一個四口之家如以能效高的恆溫器取代傳統恆溫器，每年可節省最多約440元的電費。

e. 一台貼有「第一級」能源標籤及抽風量為每天9公升的抽風機與「第五級」相比，每年可節省最多75元的電費。

Products with good energy efficiency performance produce substantial energy saving. Significant energy saving can be achieved, if consumers are willing to switch to energy efficient household appliances. For example:

a. A “Grade 1” energy-labelled air conditioner of 1hp could save up to $480 in electricity cost each year when compared to a “Grade 5” model.

b. A “Grade 1” horizontal drum type washing machine with a washing capacity of 5 kg could save up to $170 in electricity cost each year when compared to a “Grade 5” model.

c. A “Grade 1” 200 litres refrigerator could save up to $380 in electricity cost each year when compared to a “Grade 5” model.

d. CFLs with “Grade 1” energy label are most energy efficient and have an average lamp life of 8,000 hours or above. CFLs with “Grade 5” energy labels have an average lamp life below 6,000 hours. A household of 4 people could save up to $440 of electricity cost each year by replacing incandescent lamps with energy efficient CFLs.

e. A “Grade 1” dehumidifier with a dehumidifying capacity of 9 litres per day could save up to $75 in electricity cost each year when compared to a “Grade 5” model.