After all, energy can't save itself.

These days it's more important than ever to save money, energy and the environment. So conserve energy. You know, by turning off lights when they're not in use. And when you do use energy, use it wisely: buy energy efficient lighting, cooling systems and ENERGY STAR qualified appliances.

Flex your POWER.ORG

FLEX ALERTS:

During an energy crunch, saving energy is even more important.

The unusually high temperatures this summer have already stressed our state's energy resources to the max. The good news: during the most critical periods, Californians conserved and by doing so, prevented rolling blackouts. But that doesn't mean we're in the clear. With more hot weather likely in the near future, be prepared when officials call a "Flex Alert" by knowing just what to do:

Turn off all unnecessary lights and equipment.

Postpone using major appliances until after 7 p.m.

Adjust your air conditioning thermostat up to 78° F or higher, health permitting.

Californians have repeatedly come together and shown that we can avoid a power crunch and rolling blackouts by conserving energy. So, fellow Californians, thanks for Flexing Your Power.

Flex your POWER.ORG

Funded by California ratepayers under the auspices of the California Public Utilities Commission.

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In California, we know we need to save energy.

Save at Home

Invest in efficiency.

Did you know that the average household can cut up to half of its current energy bill by switching to energy-efficient appliances, cooling systems and lighting?

Start with compact fluorescent light bulbs (CFLs), which use up to 75% less energy than standard incandescent bulbs.

When you are ready to replace electronic equipment or major appliances, purchase an ENERGY STAR® qualified model, which is 15-40% more efficient than older models, and will save you money and energy for years to come.

Check with your local electric utility, water utility or local retailer about money-saving rebates that may be available with the purchase of many types of energy-efficient products. You can locate energy and water-saving rebates and incentives at www.FlexYourPower.org.

Less really is more.

Practice good household conservation habits. Use LESS energy, save MORE money.

- Set refrigerators between 38° F and 42° F and freezers at 0° F.
- Run your dishwasher and clothes washer only when fully loaded.
- Adjust cooking time. Turn off the oven three minutes before the food is done and allow the residual heat to finish the job.
- Lower the thermostat on your water heater; a setting of 120°F provides comfortable hot water for most uses. Water heating typically accounts for about 13% of your utility bill.

- Inspect your dryer's outside vent to ensure it is not blocked and clean the lint filter after every load to improve air circulation.
- When possible, wash clothes in cold water using cold-water detergents. About 90% of the energy used in a clothes washer goes to heating water.
- When shopping for a new clothes dryer, look for one with a moisture sensor that automatically shuts off the machine when your clothes are dry.
- Use task lighting (table and desktop lamps) with CFLs instead of room lighting.
- Close off unoccupied rooms and shut air conditioning vents in those rooms; turn off room air conditioners in unoccupied rooms.

For more money-saving tips and rebates, visit www.FlexYourPower.org.

Save at the Office

About 90% of a typical office building's energy use goes toward:

Lighting (40%+), office equipment (23%) and heating, ventilation and air conditioning (25%).

- Turn off unnecessary lights. Maximize use of natural light whenever possible.
- Dress comfortably for the weather. Adjust your layers before adjusting the thermostat.
- Keep windows and doors closed to prevent loss of cooled air. Adjust blinds and window coverings on windows that receive direct sunlight.
- Minimize use of portable electric devices (e.g., microwaves, toaster ovens, electric heaters or personal fans).
- Turn off coffeemakers after use. Transfer coffee to an insulated container or reheat individual cups in the microwave.
- Set all computers and monitors to "sleep mode" when not in active use, and make sure power management is activated on your computer.
- Put your laptop and cell phone AC adapter on a power strip that can be turned off; the transformer in the AC adapter draws power continuously, even when the equipment is not plugged into the adapter.
- Unplug electronics when not in use. Even when turned off, CD players in the U.S. consume enough energy in one year to power the Las Vegas Strip for six months!