



Cayman Islands Energy Saving Checklist—What Can You Do?

Saving energy has many advantages—it helps the environment by reducing our carbon footprints, leads to a more efficient use of resources and reduces the amount of money we spend on our energy needs, whether it be electricity or fuel.

There are many small and simple ways in which we can save energy—and this does not mean going without. Have a look at the energy saving checklists below to see how well you are doing, and try out a few of the suggestions that you may not have been aware of. These range from actions that cost nothing at all, to low cost fixes, to longer term investments such as solar water heating.

Small Changes, No Cost....



At Home....

✓/x

Turning off lights when not in use.		
Turning off all appliances when not in use.		
Unplugging appliances & chargers when not in use.		
Filling the kettle only with the amount of water you need.		
Using a saucepan lid when boiling water on the hob.		
Closing curtains or blinds during the day.		
Letting dishes air-dry in the dishwasher.		
Setting the washing machine to 30°C instead of 40°C.		
Setting the timer on water heaters.		
Using ceiling fans instead of air-conditioning when possible.		
Setting air-conditioning units no lower than 78°F—try 79 or 80°F		
Cleaning air-conditioning filters regularly.		

In the Office....

✓/x

Turning off lights when not in use.		
Turning off computers overnight and at weekends.		
Reducing the amount of print outs.		
If printing, print 2 pages per sheet, double-sided to reduce waste.		
Turning off the air-conditioning at the weekend.		

In the Car – Car Use & Gas Mileage....

✓/x

Reducing car use through car-pooling.		
Keeping your tyres pumped up to the correct pressure.		
Checking & replacing air filters regularly.		
Avoiding rapid acceleration & braking—this wastes gas.		
Removing excess weight from your vehicle.		
Avoiding excessive idling.		



Simple Fixes, Low Cost....



At Home....

Replacing incandescent light bulbs with compact fluorescent bulbs or LED lights.		✓/x
Fixing leaks around windows to save on air-conditioning		
Installing low-flow showerheads to reduce hot water use.		

Energy Saving Light Bulb Fact Box

Compact Fluorescent Light bulbs (CFLs) use 75% less energy than standard incandescent bulbs. They also last up to 10 times longer. These are readily available in supermarkets and home stores on Grand Cayman.



An incandescent light bulb (left), and a range of compact fluorescent light bulbs (right) which use much less electricity.

Longer Term Investments....



At Home....

For new appliances, go for energy efficient brands—look out for the Energy Star® label.		✓/x
Buy tank less or on-demand water heaters which will only provide you with the hot water you need.		
Even better, install a Solar Water Heating System, or Solar Photovoltaics for electricity.		
If buying a new vehicle, look at buying a hybrid car, which uses a mixture of gas and electricity.		

Solar Water Heating Fact Box

Solar Water Heating systems have started to be used on Cayman, and can be ordered and installed by a number of local companies. Solar Water Heaters utilize the sun's energy (and are therefore fuel-free and pollution-free) to heat water stored in a system of tubes attached to your roof. The hot water is then stored until you need it.



Flat plate solar water heater panels at Wendy's in Savannah, Grand Cayman (left), and an example of a batch collector system in Barbados (right)

