- Hang-dry the washing in sunlight.
- Choose washing machines with “Grade 1” energy label.
- Store a full load of clothes before washing.
- Use a low-temperature wash cycle and less detergent.
- Spin dry wet clothes in the washing machine at high-speed spin cycle before using a tumble dryer.
- Iron clothes in bulk.

- Steaming and stir-frying are energy efficient ways of cooking.
- Choose cooking utensils of high thermal conductivity and use lids while cooking.
- Adjust the stove flame to fit the bottom of cooking utensils.
- Choose refrigerators with “Grade 1” energy label.
- Keep the doors of the refrigerators closed and the door seals tightly fitted.
• 使用電風扇代替冷氣機。  
Use electric fans instead of air-conditioners.

• 穿薄便衣服，以減少使用空調。  
Dress lightly to minimise the use of air-conditioners.

• 使用風扇加強冷氣流通，而無需把空調器設備溫度調低。  
Use fans to enhance the cooling effect instead of lowering the temperature of air-conditioners.

• 在夏季，將室內平均溫度維持在攝氏24至26度之間。  
Maintain average indoor temperature between 24 - 26°C during summer months.

• 關掉不使用的電器。  
Switch off electrical appliances when not in use.

• 選用具能源效益的電器產品，例如獲得「第一級」能源標籤的產品。  
Choose energy efficient electrical appliances such as products with "Grade 1" energy label.

• 鼓勵居民共同實踐節能措施。  
Encourage inhabitants to adopt energy saving practices together.

• 使用冷氣機、抽濕機會暖爐時，將門窗關上。  
Keep the windows and doors closed when the air-conditioners, dehumidifiers or heaters are in use.

• 視室內面積大小，選擇合適功率的冷氣機、抽濕機和暖爐。  
Choose air-conditioners, dehumidifiers and heaters of appropriate capacity according to the size of the indoor area.

• 多使用天然光線。  
Make good use of daylight.

• 保持所有窗戶、燈泡及照明設備潔淨，以達到最高照明效益。  
Keep all windows, light bulbs and light fittings clean to maximise lighting efficiency.

• 使用「能源管理」功能時，確保電腦在閒置時進入睡眠或休眠模式。  
Use power management features to preset computers to "sleep" or "hibernation" mode when left idle.

• 在掃帚或拖把無法有效清潔時才使用吸塵機。  
Use vacuum cleaners only when brooms or damp mops cannot do the job effectively.

• 選用「第一級」能源標籤的冷氣機和抽濕機。  
Choose air-conditioners and dehumidifiers with "Grade 1" energy label.

• 花蓮淋浴比浴缸沐浴節省50%的熱水和能源。  
Taking showers instead of baths can save 50% hot water and energy.

• 在炎熱天氣使用冷水代替熱水淋浴。  
Use cold water instead of hot water for shower in hot weather.

• 關掉無用電器可同時開機電源，以避免電器停留在待用狀態。  
Switch off appliances as well as power when they are not in use to avoid leaving them in standby mode.