全民節能
Energy Saving For All
慳神有計

Climate Ready@HK 氣候變化香港行動

衣 CLOTHING

- 利用陽光曬乾衣服。
  Hang-dry the washing in sunlight.

- 選用「第一級」能源標籤的洗衣機。
  Choose washing machines with "Grade 1" energy label.

- 儲滿一機衣服才洗衣。
  Store a full load of clothes before washing.

- 採用低溫洗衣程序及使用較少份量清潔劑。
  Use a low-temperature wash cycle and less detergent.

- 在使用乾衣機乾衣前，先在洗衣機採用高速旋轉程序脫水。
  Spin dry wet clothes in the washing machine at high-speed spin cycle before using a tumble dryer.

- 一次過熨好所有衣物。
  Iron clothes in bulk.

食 COOKING

- 蒸和炒是節省能源的煮食方法。
  Steaming and stir-frying are energy efficient ways of cooking.

- 選用傳熱性能良好的煮食器皿，並在煮食時將烹飪器皿蓋好。
  Choose cooking utensils of high thermal conductivity and use lids while cooking.

- 調校爐火以配合鍋底的大小。
  Adjust the stove flame to fit the bottom of cooking utensils.

- 選用「第一級」能源標籤的雪櫃。
  Choose refrigerators with "Grade 1" energy label.

- 雪櫃門應常緊閉，並確保其密封墊緊貼。
  Keep the doors of the refrigerators closed and the door seals tightly fitted.

TARGETS 訂立目標

TIMELINE 制定時間表
2016　2017　2018

TOGETHER 共同參與

TRANSPARENCY 開放透明

慳電

LIVING 住

- 使用電風扇代替冷氣機。
  Use electric fans instead of air-conditioners.

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

- 使用風扇加強冷空氣流通，而無需把空調設備溫度調低。
  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.

- 鼓勵全民共同實踐節能措施。
  Encourage inhabitants to adopt energy saving practices together.

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

- 按室內面積大小，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，以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.

- 在掃帚或地拖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.
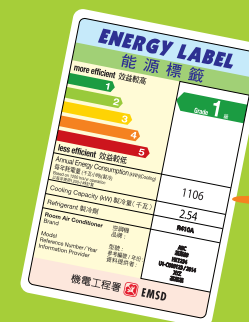
- 花灑淋浴比浴缸沐浴節省50%的熱水和能源。
  Taking showers instead of baths can save 50% hot water and energy.

- 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.

- 關掉電器時應同時關掉電源，以避免電器停留在備用狀態。
  Switch off appliances as well as power when they are not in use to avoid leaving them in standby mode.

ENERGY LABEL 能源標籤