



NEWS RELEASE

FOR IMMEDIATE RELEASE

January 21, 2011

## **NYSEG and RG&E Encourage Customers to Stay Safe and Use Energy Wisely, Particularly During Frigid Weather**

NYSEG and RG&E are encouraging customers to stay safe and use energy wisely to help control bills during the frigid weather that is forecast through Tuesday.

NYSEG and RG&E offer the following safety and energy-saving tips:

### **Safety Reminders**

- Emergency generators can be dangerous. If you use one, carefully follow the manufacturer's instructions. Never run an emergency generator indoors; operate generators only outdoors in well-ventilated areas.
- Never use a natural gas or propane range to heat your home.
- Never use a grill, hibachi, lantern or portable camping stove indoors.
- Make sure your electric stove tops and/or ovens are off when not in use.
- Stay away from any downed wires.
- Install a carbon monoxide detector in your home.
- If you use candles for decorative purposes, always keep them within your sight and away from children, pets and anything that could catch fire.

### **Heating**

- Set thermostats no higher than 70° and at 58° when you're away from the house for more than a few hours or in bed for the night. (This may not be advisable if frail, ill or elderly people or infants are in the home.)
- Install automatic set back or programmable thermostats.
- Change or clean furnace filters once a month during the heating season.
- Since warm air rises, use registers to direct warm airflow across the floor.
- Close vents and doors in unused rooms and close fireplace dampers when not in use.
- Open draperies and blinds on sunny days to let the warmth in and close at night to insulate against cold air outside.

### **Lighting/Electricity**



- Replace incandescent light bulbs with compact fluorescent bulbs that use up to 75% less energy and last up to 10 times as long.
- Use programmable timers to turn lights on/off.
- Unplug chargers for cell phones and other electronic devices when charging is complete.
- Turn off lights and electronics when not in use.

**Water**

- Set water heater temperatures at 120° to cut water heating bills without sacrificing comfort.
- Install water-flow restrictors in showerheads and faucets.
- Limit the length of showers.
- Run washing machines and clothes dryers with a full load.

For more low-cost and no-cost energy-saving tips, visit [www.nyseg.com](http://www.nyseg.com) or [www.rge.com](http://www.rge.com) and click on “Usage and Safety” (<http://www.nyseg.com/UsageAndSafety/default.html> or <http://www.rge.com/UsageAndSafety/default.html>).