10 Tips for Summer: Reduce Costs and CO2 Emissions of Your AC Usage

As summer temperatures soar, air conditioning (AC) becomes indispensable for staying comfortable at home and maintaining a productive environment in commercial spaces. However, the heavy reliance on AC systems during peak heat periods can lead to skyrocketing energy costs and increased carbon emissions. This dual impact is felt both by households striving to manage utility bills and businesses aiming to balance operational efficiency with environmental responsibility.

Whether you are a homeowner cooling your living space or a facility manager overseeing large-scale commercial HVAC systems, the challenges of managing AC efficiency remain similar. Rising energy demands can strain your budget and the environment, making it essential to adopt smarter strategies for cooling. By taking proactive steps to optimise your AC usage, you can achieve significant savings, improve the lifespan of your equipment, and contribute to a more sustainable future.

This simple guide outlines ten practical tips tailored to both residential and commercial settings. These strategies will help you lower your cooling costs, reduce your carbon footprint, and maintain optimal comfort—whether you're managing a cozy living room or an expansive office complex.

1. Set Your Thermostat Higher

Set your thermostat to 24–26°C for optimal comfort and energy savings. Each degree below 24°C increases energy consumption by around 10%. Using a programmable thermostat allows you to automatically adjust the temperature based on your daily schedule, reducing energy waste when you are not at home or in the office.

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2. Use Ceiling Fans

Ceiling fans help circulate cool air more effectively, allowing you to raise your thermostat temperature while still feeling comfortable. By evenly distributing cool air throughout the room, fans reduce the workload of your air conditioning unit. Remember to turn off fans when you leave the room to save energy.

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3. Seal Gaps and Insulate Your Space

Ensure your windows, doors, and other openings are correctly sealed to prevent cool air from escaping and warm air from entering. Insulating your home or commercial space by adding weather stripping and using proper insulation materials will keep the cool air inside, reducing the workload of your air conditioning system and saving energy.

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4. Regular Maintenance and Filter Changes

Clean or replace your air conditioner's filters regularly, ideally every 1–2 months, to ensure efficient airflow. A clogged or dirty filter forces your AC to work harder, leading to higher energy consumption and increased wear and tear on the unit. Schedule annual maintenance checks to keep your system running efficiently.

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5. Limit Heat Gain During the Day

Close blinds and curtains during the hottest parts of the day to block out the sun and reduce heat entering your space. Using reflective window films or installing energy-efficient windows can minimise heat gain, keeping your home or business cooler and reducing the need for air conditioning.

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6. Utilise Natural Ventilation

When the outdoor temperature is cooler than the inside, turn off your AC and open windows and doors to let fresh air circulate. Natural ventilation can significantly reduce the need for air conditioning, especially during cooler evenings and mornings. Positioning windows and vents to create a cross-breeze will enhance airflow.

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7. Set Timers and Use Zone Control

Set timers and calendars in your AC controller to prevent units from running 24/7 when not needed. Turn the unit off when you're not in the home or office. Use zone control to reduce the amount of cooling you need; if you're not using a room, don't cool it. This ensures that only occupied areas are cooled, saving energy and money.

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8. Shade Your AC Unit

Placing your AC unit in a shaded area or creating shade for it can help it run more efficiently by keeping it cooler and reducing its workload. Be careful not to obstruct airflow around the unit. A shaded AC unit can operate up to 10% more efficiently.

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9. Install CTECK to Reduce Energy Consumption

Installing a CTECK device can significantly reduce the energy consumption of your existing or new AC unit. The CTECK system further improves the performance of your air conditioning, ensuring it runs more efficiently and effectively. This innovative technology can lead to substantial energy and cost savings over time.

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10. Avoid Overheating Your Space

Avoid using heat-generating appliances like ovens, stoves, and dryers during the hottest parts of the day. opt for outdoor BBQs, microwaving, or using slow cookers to minimise heat production inside the home or workplace. Additionally, try to use energy-efficient light bulbs that emit less heat.

By incorporating these tips, you can make your air conditioning usage more efficient and environmentally friendly. Whether you're a homeowner or managing a commercial space, these practices will help you reduce energy costs and lower your carbon footprint. For more detailed tips on saving energy and optimising your thermostat settings, visit the Download and Tech page on www.cteck.com.au.