



SUPPORT HVACR TRADE INC.

Energy Saving Guide

Practical, no-nonsense ways to lower your energy bills
and get more out of your HVAC system.

What's Inside

- Quick wins you can do today
- Smart thermostat settings
- Bigger upgrades worth considering
- A room-by-room energy checklist

A resource from Support HVACR Trade Inc.

A nonprofit turning youth curiosity into HVACR careers — one student,
one school, one community at a time.

supporthvacrtrade.com | oneil@supporthvacrtrade.com



Quick Wins — Start Today

These cost little or nothing and can make a noticeable difference right away.

- ☐ Set your thermostat a few degrees higher in summer, lower in winter, when you're comfortable doing so.
- ☐ Use ceiling fans to feel cooler in summer — remember to turn them off when you leave the room.
- ☐ Close blinds or curtains during the hottest part of the day in summer.
- ☐ Open curtains on sunny windows during the day in winter to let in free heat.
- ☐ Check that furniture and rugs aren't blocking vents or returns.
- ☐ Unplug chargers and electronics that aren't in use — many draw power even when off.

This Weekend

- ☐ Check your air filter and replace it if it's dirty.
- ☐ Feel around windows and doors for drafts; add weatherstripping where needed.
- ☐ Clear leaves, dirt, and plants away from your outdoor unit.
- ☐ Vacuum dust from vent covers and returns.

Biggest Bang for Your Effort

Of everything on this page, a clean filter and smart thermostat settings make the single biggest difference for the least effort.

Why It Adds Up

None of these habits alone will transform your energy bill, but together they add up. Small, consistent changes are usually more sustainable — and more affordable — than waiting for one big fix.



Smart Thermostat Settings

The right settings balance comfort and savings. Use these as a starting point.

Season	Home / Awake	Home / Asleep	Away
Summer (Cooling)	76-78°F	78-80°F (or use a fan)	80-85°F
Winter (Heating)	68-70°F	62-66°F	60-65°F

These are general starting points — adjust based on your comfort, health needs, and local climate.

The Setback Rule of Thumb

A setback of 7-10°F for about 8 hours a day (like while you're at work or asleep) can save up to 10% a year on heating and cooling — without you having to think about it, if you use a programmable or smart thermostat.

Smart Thermostats

A smart thermostat learns your schedule and adjusts automatically, so you get the savings of a setback routine without having to remember to set it yourself.

Don't Forget Humidity

Humidity affects how hot or cold a room feels. In summer, a dehumidifier or your AC's normal operation can make a room feel comfortable at a slightly higher temperature. In winter, adding a bit of humidity can make a room feel warmer at a lower thermostat setting — both can mean real savings without sacrificing comfort.



Bigger Upgrades Worth Considering

When you're ready to invest more, these upgrades tend to pay off over time.

LOWER COST

Weatherstripping & caulking: Seal gaps around doors and windows where air leaks in and out.

Programmable / smart thermostat: Automates the setback schedule for consistent savings.

Duct sealing (accessible sections): Leaky ducts can waste a significant amount of conditioned air.

MEDIUM COST

Added attic or wall insulation: Keeps conditioned air where it belongs, in every season.

Window treatments or films: Reduces heat gain in summer and heat loss in winter.

Professional duct inspection: A technician can find and seal leaks you can't see.

LARGER INVESTMENT

High-efficiency HVAC system: Newer systems can run significantly more efficiently than older ones.

New windows: Reduces drafts and heat transfer for the life of the home.

Whole-home energy audit: A professional audit pinpoints exactly where you're losing energy.

Not Sure Where to Start?

A professional energy audit or HVAC inspection can tell you exactly where your home is losing the most energy, so you invest in the upgrades that will make the biggest difference for your specific home — not just a general checklist.



Room-by-Room Energy Checklist

Walk through your home and check off each item as you go.

Living Areas

- ☐ Vents and returns are clear of furniture and rugs
- ☐ Ceiling fans are set to the right direction for the season
- ☐ Blinds/curtains are used to manage sunlight

Bedrooms

- ☐ Vents are unblocked
- ☐ Windows and door seals are in good shape
- ☐ Thermostat setback is comfortable for sleeping

Whole House

- ☐ Air filter is clean and the right size
- ☐ Outdoor unit is clear of debris
- ☐ No unusual noises from the system

Kitchen

- ☐ Range hood and exhaust fans are clean and working
- ☐ Refrigerator door seals are tight
- ☐ Oven isn't used to heat the room

Basement / Attic

- ☐ Insulation looks even, without thin or missing spots
- ☐ No visible gaps around pipes or wiring
- ☐ Ductwork is intact, without visible tears

Make It a Habit

Run through this checklist once each season for the best results.

Curious How HVAC Systems Actually Work?

Support HVACR Trade Inc. offers youth STEM programs, books, and career pathways that turn everyday curiosity about how homes work into real career skills.

supporthvacrtrade.com



Still Have High Energy Bills?

If you've tried these tips and your bills are still higher than expected, it may be time for a professional look. A technician can check refrigerant levels, inspect ductwork, and confirm your system is sized correctly for your home.

Signs It's Time to Call a Professional

- ☐ Your energy bills keep climbing with no change in how you use your home
- ☐ One or more rooms are always too hot or too cold
- ☐ Your system runs constantly and never seems to catch up
- ☐ It's been more than a year since your last professional tune-up

Want More Homeowner Resources?

Visit our Resource Center at supporthvacrtrade.com for more guides, plus ways to support youth STEM and HVACR career programs in your community.

supporthvacrtrade.com | oneil@supporthvacrtrade.com

Turning Curiosity Into Careers

About Support HVACR Trade Inc.

We're a workforce-development nonprofit that helps youth, schools, and communities discover HVACR through STEM learning, hands-on exploration, children's books, workshops, online courses, and career pathways.

Three Ways to Get Involved

Sponsor a Student

\$2,500 sponsors 100 students in HVACR STEM programming.

Host a Workshop

Bring a hands-on HVACR discovery session to your school or site.

Explore Our Books

Meet Tommy & Theo — our HVACR adventure series for kids 7-14.