



用電行為咭 — 節能省電



多用風扇，少用冷氣。

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使用冷氣機時，把室溫維持在攝氏25.5度。

## 用電行為咭 — 節能省電



外出前，  
關掉不使用的電器。





## 北角聖波得堂幼稚園 認識能源效益標籤

除了善用新型的節能燈具外，日常生活中選用[能源標籤]達一級能源效益的用電產品，亦可達致慳電又慳錢的綠色生活。而中心則安裝了一級能源效益的冷氣機以節省用電。齊來看看[能源標籤]是什麼吧!

Besides using new energy-saving lightings, we can try using appliances with **Energy Label Grade 1** to minimize electricity consumption and to save money; thus, to achieve a green life. Our centre also installed **Grade 1** - air-conditioners. Let's have a look of what [Energy label] is.



## 北角聖波得堂幼稚園 節能小錦囊

節能是近年全球致力推廣的事宜，讓我們一同探討如何節能環保，建立綠色生活。

### 洗衣機 Washing Machine

- 購買洗衣機時，應選用具有能源效益的標籤，貼有「第一級」能源標籤的洗衣機則最為節能。
- 每次洗一機衣物才洗衣，因半機衣物與一機衣物用差不多同等電力。
- 根據衣物的質料、顏色及數量釐定分鐘；量度標志的洗衣程序，如薄衫、襯衫、T恤。
- 盡量採用低溫洗衣程序，並且切勿使用過量洗潔劑。



- Choose energy efficient washing machines. Washing machines with 'Grade 1' Energy Label use most energy efficient.
- Collect a full load of clothes before washing. Washing a half load of clothes consumes almost the same amount of energy as washing a full load of clothes.
- Separate clothes according to fabric, colour and amount, and wash the clothes according to the washing instruction to save energy and water.
- Use a low temperature wash cycle as far as possible, and don't use too much detergent.

### 乾衣機 Tumble Dryer

- 購買乾衣機時，應選用具有能源效益的標籤。
- 儘可能把衣物晾在戶外，利用陽光曬乾衣物。
- 在處理乾衣機乾衣前，請先將濕透的衣物脫水或在洗衣機採用高轉速的脫水程序脫水，較為節省用電。
- 每次洗衣物，應選擇轉筒乾衣機，有助提升乾衣機的效率。



- Choose energy efficient tumble dryers.
- Whenever possible, hang dry the washing in full light outdoors.
- Remove excess water from clothes or spin dry the clothes at high-speed spin cycle on the washing machine before drying in a tumble-dryer can save more energy.
- Use the 'Flir' filter for each load that tumble-dryers more efficient.

### 熨斗 Iron

- 應一次熨好所有衣物，以免需要頻繁再熨衣物。
- 利用適當的溫度熨衣物。首先熨用高溫熨的衣物，然後再熨低溫的衣物，最後再熨低溫的衣物。
- 在熨斗熨衣前，應關閉熨斗。



- Do not overload as such will block the airflow and direct the reduce drying efficiency. Sort clothes and other items according to their dryness in batches.
- Purchase tumble-dryers of the model with moisture sensor and automatic stop feature to avoid over-drying.
- Remove and shut off hanging items as soon as the dryer stops, to prevent wrinkling and reduce ironing requirements.
- Iron clothes in bulk to avoid frequent re-ironing of the work.
- Select the appropriate degree of heat for ironing. Iron clothes that requires high heat first, then medium heat. Switch off the iron and use the residual heat for fabrics requiring low heat like silk.
- Switch off the iron when it is done or not in use for a period of time.



### 附錄3



### 附錄4

中華電力呈獻  
《看到的電力》幼稚園教材套  
故事書系列

電力與我 K1 電力旅程 K2 珍惜資源 K3

《電力與我》內容簡介：  
這本書講述超人中帶領小朋友認識日常生活中接觸到的電器，了解電力與我們的關係，以及如何安全使用電力。

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