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Increase the Life and Efficiency of Your Appliances



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Electrical and electronic appliances are essential in our daily lives. They make everyday tasks easier, save time, and add comfort to daily life. However, they are also high cost purchase items, so maximizing their efficiency and lifespan is a smart way to save money and reduce waste. Taking good care of them ensures they work efficiently, last longer, and provide the best value for your investment.

Grahak Sathi brings you an e-book "**Increase the Life and Efficiency of Your Appliances**". This e-book provides simple, practical tips to help you maintain your appliances and gadgets and ensure that they work in the best condition and give optimum performance. From your refrigerator and washing machine to your microwave and air conditioner, every appliance has unique care needs. Following the right usage practices, performing regular maintenance, and being mindful of energy consumption can make a significant difference in everyday.

Read on to know these useful points to get the best out of your appliances.



Refrigerator

Store food properly: Make sure that the items being kept in the refrigerator are cooled to room temperature before keeping them in it. Covering any liquids kept in the refrigerator prevents moisture from the liquids impacting condenser performance.

Avoid overloading: Do not overfill your fridge. Keep enough space between items to allow air to circulate freely. This helps maintain proper cooling and prevents extra work for the cooling system.

Minimize door opening: Try not to open the fridge door too often or leave it open for long. This prevents cool air from escaping, reducing the need for the fridge to work harder to maintain the temperature.

Set the right temperature: Keep your fridge at the recommended setting. Avoid making it too cold to prevent frost buildup and save energy.

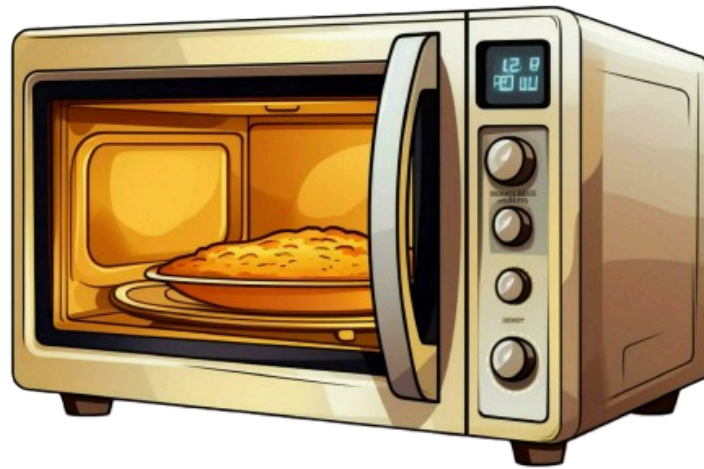
Keep it clean: Regularly clean the shelves, drawers, and door seals. A clean fridge not only performs better but also helps prevent issues like mould growth, unpleasant smells, and cooling problems.

Allow ventilation: Keep at least an inch of space around the fridge to let heat dissipate. Avoid placing it in hot areas for better performance.

Professional repair services: If your fridge needs repairs, contact qualified experts to fix it. This ensures your fridge runs smoothly and lasts longer.



Microwave Oven



Avoid overloading: Overloading puts strain on the Microwave, leading to overheating. Follow manufacturer guidelines for food quantity and placement. Also, leave space between food items to ensure even heating.

Use microwave-safe cookware: Always use microwave-safe containers to avoid sparks and interior damage. Avoid using metal or cracked dishes as they can cause sparks and damage the oven. Microwave safe glass and ceramic containers should be preferred over plastic ones.

Clean regularly: Wipe inside your microwave after each use. Clean the vents often to maintain good airflow and prevent overheating.

Energy-saving habits: Place your microwave in a well-ventilated area. Avoid reheating or cooking large quantities in the microwave. It is most efficient for smaller quantities.

Check for damage and vents: Inspect the door seal, cord, and plug regularly. Ensure vents are clear and the door seal is intact to avoid energy loss and safety issues. Repair any damage immediately.

Dishwasher

Organized loading: Ensure dishes and crockery are dishwasher-safe, and load them in an orderly manner. Place lightly soiled dishes on the top rack and heavily soiled ones on the bottom.

Cutlery and spray nozzle care: Always use the cutlery basket for spoons, knives, and forks. Make sure spray nozzles are not blocked for effective cleaning.

Scrape before loading: Remove food scraps before placing dishes in the dishwasher to save water, enhance cleaning, and avoid filter clogs.

Use optimum temperature: Run the dishwasher at a lower temperature setting to save electricity. Refer to the product manual to know the optimum temperature setting.

Use eco-mode: Select the eco-mode setting to save water and energy in each wash. If your dishwasher does not have this option, choose the appropriate wash program based on the load size and type for better efficiency.

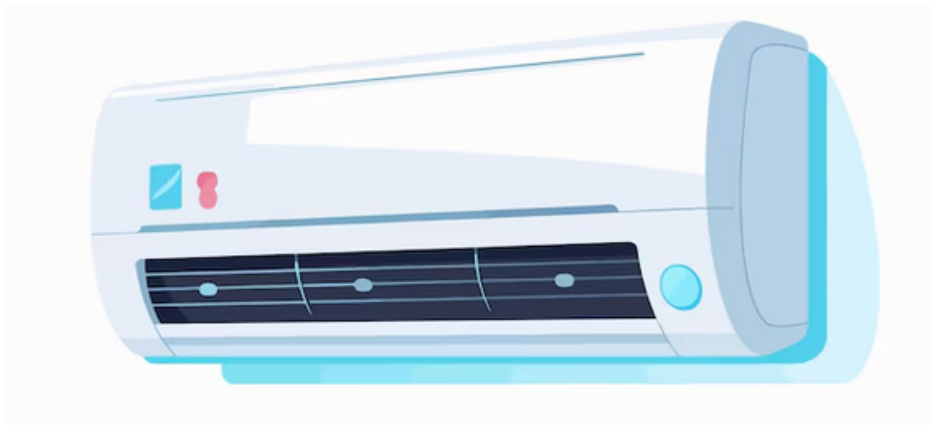
Run the dishwasher only when full: Wait for a full load to maximize efficiency. This practice saves resources and extends your dishwasher's lifespan.

Air dry dishes: Use the air-dry setting instead of heat drying. It lowers energy use and allows dishes to dry naturally.

Clean the dishwasher regularly: Regular cleaning removes grease and mineral buildup from hard water. Using a cleaner designed to remove these deposits helps keep your dishwasher running smoothly and ensures it works properly for longer.



Air Conditioner



Insulate properly: Ensure that the room with AC is insulated to keep cool air in and hot air out. When the AC is on, close the room properly and check for gaps around windows and doors.

Set ideal temperature: Keep the AC at 24-25°C for optimal cooling and energy savings.

Use ceiling fans: When you use a ceiling fan with AC, it reduces the AC's workload. This combination also improves overall cooling efficiency.

Minimize heat sources: Turn off lights, computers, and TVs when not in use. They emit heat, increasing the AC's workload.

Clean filters regularly: Dusty filters force the AC to work harder and use more electricity. Clean them regularly or call a certified mechanic if unsure.

Maintain refrigerant levels: Recycle or change refrigerant periodically and keep the condenser clean for efficient cooling. It is advisable to seek professional help for this task.

Upgrade if needed: Replace old, frequently repaired ACs with energy-efficient BEE star-rated models to save on electricity and maintenance costs.

Washing Machine

Proper sorting of laundry: Always sort laundry by colour, fabric type and dirtiness to achieve better cleaning of clothes and save both clothing and the machine from damage. Always wash heavily soiled clothes separately using appropriate wash cycle.

Use the right amount of detergent: Using too much detergent can damage clothes, water pipes and even the washing machine motor. Always check the detergent use instructions on the back of the detergent package to get it right.

Follow proper wash load: Run each cycle with full load to optimise water and energy consumption. However, do not overload your washing as it strains the motor and reduces cleaning efficiency. Check your washing machine's manual for specific load capacity and guidelines.

Maintain your washing machine: Clean the filter regularly. Once a month, run an empty cycle with a washing machine cleaner or mix of vinegar and baking soda to remove dirt and odours. Also, leave the door of the machine open after each wash for the moisture to dry out to avoid mould growth and musty smell.

Inspect hoses and connections: Regularly check the inlet and outlet water hoses and connections for leaks or damage. Tighten any loose parts and replace the damaged hoses.

Air dry the clothes: Whenever the weather allows, prefer to air dry the clothes in the sun. Avoid using the dryer in the machine to save electricity.



Phone Battery

Reduce screen brightness: The display is one of the biggest drains on your battery. Keep the brightness at the lowest comfortable level or enable automatic brightness, which adjusts based on ambient light conditions.

Avoid extreme temperatures: If it is extremely cold or hot, your battery will suffer. Avoid things like leaving your smartphone on the dash in your car where it is in direct sunlight.

Remove and restrict apps: Regularly check for unused or rarely-used apps that are draining your battery and uninstall any app that you no longer need.

Turn off unused features: Bluetooth, Wi-Fi, and GPS drain your battery even when you are not actively using them. Turn off these features when they are not needed.

Shorten sleep mode time: Your smartphone's display sucks a lot of juice so leaving it on when you are not even looking at it is pointless. Set your phone to enter sleep mode faster to save energy when it's not in use. A shorter timeout prevents the display from staying on unnecessarily.

Limit location services: Check your smartphone settings so that any app is tracking your location only when you are using that app, not all the time.



Laptop Battery

Avoid heat: Do not leave your laptop in hot places like a car or outside. If it gets too hot, turn it off and let it cool down before using it again.

Unplug accessories: Disconnect USB devices, headphones, and other accessories when not in use. These use your battery and can reduce battery life.

Close unused apps and programs: Running too many applications at once drains your battery. Close anything you are not actively using.

Use the right charger: Always use the charger that came with your laptop. Cheaper alternatives can damage your battery and affect performance.

Avoid constant charging: Continuously charging your laptop weakens the battery. Keep the battery charge between 50% and 80% for optimal long-term health.

Shut down daily: Turn off your laptop at the end of each day to extend battery life and improve its overall performance.

Update your operating system:

Keeping your OS up to date ensures efficient battery management and prevents unnecessary drain.

Use battery-saving tools: Use your laptop's built-in tools to monitor which apps are using the most power and adjust settings for better battery life.



About CERC

Consumer Rights protection and justice for consumers have been the focus of Consumer Education and Research Centre (CERC) right from its inception in 1978. CERC is India's only Consumer Rights Organisation that provides 360 degree service to the consumer in terms of Education, Empowerment and Protection.

A broad range of activities are undertaken in the organization – grievance redressal through mediation and litigation, consumer education and awareness building through various publications and outreach activities, testing and analysis of consumer products in our in-house product testing laboratories, advocacy for laws and regulations that better protect consumers, as well as a number of projects executed in various areas pertinent to consumer protection and empowerment. Promoting sustainable consumption too is a major area of activity in CERC.

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