What's a (kilo) Watt?

Unbundling the 'kWh'

Over the last few years we've all become pretty savvy when it comes to de-jargoning calorie counting, RDA, BMI, carbs and sat fats. In much the same way that understanding what's in our food helps us make better choices about what we eat, knowing where every watt comes from on our energy bill can help us become more 'energy fit'.

At E.ON, one of the UK's leading energy suppliers, we've already made our bills simpler and clearer. However, a recent survey of **2,000 Brits** shows that **1 in 5 people** don't know what kWh (kilowatt hour) stands for[1] – some thought it was a make of Japanese car, a type of heavy goods vehicle or even a boy band. It's clear that there is still energy jargon which needs demystifying!

What's reassuring is that nearly **three-quarters (74%)** of people would use their appliances more carefully if they knew the amount of energy each one consumed. So, E.ON has produced these jargon-busting flash cards to help our customers reduce the size of their energy bills and take the next step to energy fitness.

[1] Research conducted by OnePoll amongst 2,000 UK residents between 5 & 8 June 2010.

What is a kWh and why does it matter?

A kWh is the unit of energy used to measure electricity and gas bills. It shows how much energy is used over time. Like all energy companies, E.ON calculates how much energy you use in kWhs.*

Mind boggling? Not at all – to make things easier, we've done the hard work for you and worked out the kWh measurements for the most common household appliances.

Hopefully this will help you to see how much it costs to run them every day and where you might be able to make improvements to reduce your bills and get 'energy fit'.

For more jargon busting advice and get on the right track to energy fitness, visit:

www.eonenergy.com/bills

* Figures expressed are indicative, actual energy use and cost varies by individual appliance and household.

Light bulb

Know your kWh

1 kWh will...

Run a light bulb
for **16hrs 40mins**

Energy efficient bulb

Know your kWh

1 kWh will...

Run an energy efficient bulb for **90hrs 55mins**

Kettle

Know your kWh

1 kWh will...

Run a kettle
for **20mins**

Dishwasher

Know your kWh

1 kWh will...

Run a dishwasher
for **30mins**

Plasma TV

Know your kWh

1 kWh will...

Run a plasma TV
for **2hrs 52mins**

Microwave

Know your kWh

1 kWh will...

Run a microwave
for **1hr 6mins**

DVD player

Know your kWh

1 kWh will...

Run a DVD player
for **111hrs 6mins**

Nintendo Wii

Know your kWh

1 kWh will...

Run a Nintendo Wii
for **58hrs 49mins**

Desktop PC

Know your kWh

1 kWh will...

Run a desktop PC
for **12hrs 40mins**

Laptop

Know your kWh

1 kWh will...

Run a laptop
for **40hrs**

Mobile phone charger

Know your kWh

1 kWh will...

Run a mobile phone charger for **1,000hrs**

Hair straighteners

Know your kWh

1 kWh will...

Run
hair straighteners
for **50mins**

Tumble dryer

Know your kWh

1 kWh will...

Run a tumble dryer for **24mins**

Vacuum cleaner

Know your kWh

1 kWh will...

Run a
vacuum cleaner
for **50mins**

Electric oven

Know your kWh

1 kWh will...

Run an
electric oven
for **1hr**