



What's a  
(kilo) Watt

*e.on*

the 1990s, the number of people in the UK who are employed in the public sector has increased from 10.5 million to 12.5 million, and the number of people in the public sector who are employed in health care has increased from 2.5 million to 3.5 million (Department of Health 2000).

There are a number of reasons for this increase. One of the main reasons is the increasing demand for health care services. The population of the UK is increasing, and the number of people who are aged 65 and over is increasing rapidly. This has led to an increase in the number of people who are in need of health care services. Another reason for the increase is the increasing demand for health care services from people who are in need of long-term care. This is due to the increasing number of people who are living with long-term conditions, such as dementia, Parkinson's disease, and multiple sclerosis.

There are a number of ways in which the demand for health care services can be met. One way is to increase the number of people who are employed in the public sector. This can be done by recruiting more people to the public sector, and by increasing the number of people who are employed in the public sector who are in need of long-term care. Another way is to increase the number of people who are employed in the private sector. This can be done by recruiting more people to the private sector, and by increasing the number of people who are employed in the private sector who are in need of long-term care.

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# Unbundling the 'kWh'

Over the last few years we've all become pretty savvy when it comes to de-jargonising 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<sup>1</sup> – 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.

<sup>1</sup> 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](http://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**