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 for1 – 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.
Know your kWh

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 20 mins
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 1 hr