



# Running Cost Guide

Understanding how much it costs to run your household appliances will help you to reduce your energy bill.



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## How to work out the amount of energy used

To calculate the amount of energy used by each appliance you need to take the power rating of the appliance in kW (1000W = 1kW) and multiply it by the number of hours used. This will give you the kWh.

**Power rating in kW x hours used per day = kWh**



## How to calculate the energy cost of each appliance

In order to calculate the cost you need to multiply the kWh by the unit cost (you can find this on your energy bill).

**kWh per day x unit cost = electricity cost per day**

## Examples



9kW electric shower and an energy unit cost of 22.36p/kWh.  
Cost to have a 10 minute shower.

- 9kW x 22.36p = £2.01
- 10 minutes = 33.5p
- 10 minute shower each day would cost **£122 per year**



3kW fan heater and an energy unit cost of 22.36p/kWh.  
The fan runs 2 hours per day.

- 3kW x 2 hours = 6kWh
- 6 X 22.36p = **£1.34 per day**

The following calculations are based on the average cost of electricity during July 2024, which is 22.36p per kWh.



These are examples of the type of the watt per appliance. Please check the wattage for your appliance and the unit cost per kWh displayed on your electricity bill.

Appliance	Watt	kW	Cost for use	Assumed usage of appliance
De-Humidifier	700	0.7	16p per hour	Based on 4 hrs a day for 6 months = £114
Dishwasher	1500	1.5	33p per load	Based on 1hr daily use = £122
DrySoon Heated Airing	283	0.283	6p per hour	Based on 36 hrs a week for 6 months = £59
Electric Blanket	100	0.1	2p per hour	Based on 8hr a night for 6 months = £32
Electric Lawn Mower	1800	1.8	40p per hour	Based on 1 hour per week for 8 months = £13
Electric Oven	2200	2.2	50p per hour	Based on 2 hrs daily = £359
Electric Shower	9000	9	33p per 10 minutes	Based on one 10 min daily shower = £123
Fan Heater (2kW)	2000	2	45p per hour	Based on 2 hrs a day for 6 months = £163
Freezer	19	0.019	10p per day	£38 per year
Fridge	12	0.012	6p per day	£23 per year
Fridge Freezer	38	0.038	20p per day	£75 per year
Games Console (Xbox)	142	0.142	13p per day (4 hours)	Based on daily use = £46
Hair Straighteners	75	0.075	2p per hour	Based on ½ hr daily = £3
Hairdryer	2300	2.3	25p per ½ hour	Based on ¼ hr daily = £47
Hot Tub (inflatable)	2200	2.2	50p per hour	Based on 6 months = £411
Immersion Heater	3000	3	69p per hour	Based on 2 hrs a day = £490
Iron	2800	2.8	63p per hour	Based on 2 hrs a week = £65
Kettle	3000	3	67p per hour	Based on 1 hr a week = £35
Laptop	42	0.042	1p per hour	Based on 5 hours a day, 5 days every week = £11
Microwave	1000	1	22p per hour	Based on 3 hrs a week = £35
Oil Filled Radiator	1500	1.5	33p per hour	Based on 2 hrs a day for 6mths = £122
Pond Pump Large	350	0.35	£1.88 a day	Based on daily use = £685
Pond Pump Medium	60	0.06	32p a day	Based on daily use = £117
Pond Pump Small	18	0.018	10p a day	Based on daily use = £35
Pressure Washer	1800	1.8	40p per hour	Based on 1 hr a week = £21
Tumble Dryer	2500	2.5	56p per hour	Based on 2 hrs a week = £145
Vacuum Cleaner	750	0.75	17p per hour	Based on 2 hrs a week = £17
Vivarium Heat Lamps	100	0.1	31p a day (14 hrs)	Based on daily use = £114
Vivarium Heat Lamps	160	0.16	50p a day (14 hrs)	Based on daily use = £183
Vivarium Heat Mat	16	0.016	9p a day (24hrs)	Based on daily use = £31
Vivarium LED Light	7	0.007	4p a day (24hrs)	Based on daily use = £17