Know your energy

electric Ireland

We know that understanding energy costs is not always easy, so we have put together this handy guide.

Inside, you will find information on the costs of the most common household appliances, room by room. We have also included some practical tips to further help you control your electricity usage.

Whether you are in the kitchen or the bedroom, we will provide you with the information you need to make smart choices, helping you manage your energy use - and your bills.

Contents

*The costs shown are based on Electric Ireland's standard 24-hour rate of €0.3475 per kWh (non-smart), including value added tax (VAT) as of August 2025. Final electricity bills include an annual standing charge and public service obligation (PSO) payment. Appliance costs are estimated based on hourly continuous use. Actual costs may vary with usage patterns.

How much do **kitchen** appliances cost to run?

Appliance	Kilowatt-hour	Cost per hour*
Oven	2.1 kWh	**73 cent**
Grill	1.5 kWh	**52 cent**
Electric hob	2 kWh	**70 cent****
Microwave	1 kWh	**35 cent**
Dishwasher	1.5 kWh	**52 cent**
Toaster	1 kWh	**35 cent**
Air fryer	1.3 kWh	**45 cent**
Slow cooker	0.16 kWh	**6 cent**
Coffee machine	0.8 kWh	**28 cent**
Blender	0.5 kWh	**17 cent**
Kettle	3 kWh	**14 cent / 2 mins x 4 times a day*****
Fridge freezer	0.5 kWh/ per day	**16 cent/per day******

****Electric hob:** Estimated cost is based off one hob ring only.

*****Kettle**: Estimated cost of 14 cent is based on **2 mins x 4 times a day** of usage at 3000 watt/hour and an electricity rate of €0.3475/kWh.

******Fridge freezer**: A fridge freezer mainly uses energy to maintain a steady temperature, not to run continuously. A C-rated model typically consumes 171 kWh/ per year. Estimated cost of €59.40 yearly or €0.16 cent per day. Actual running costs vary based on efficiency, temperature settings, how full it is, and the temperature of items placed inside.

Kitchen energy-saving tips

Cook efficiently

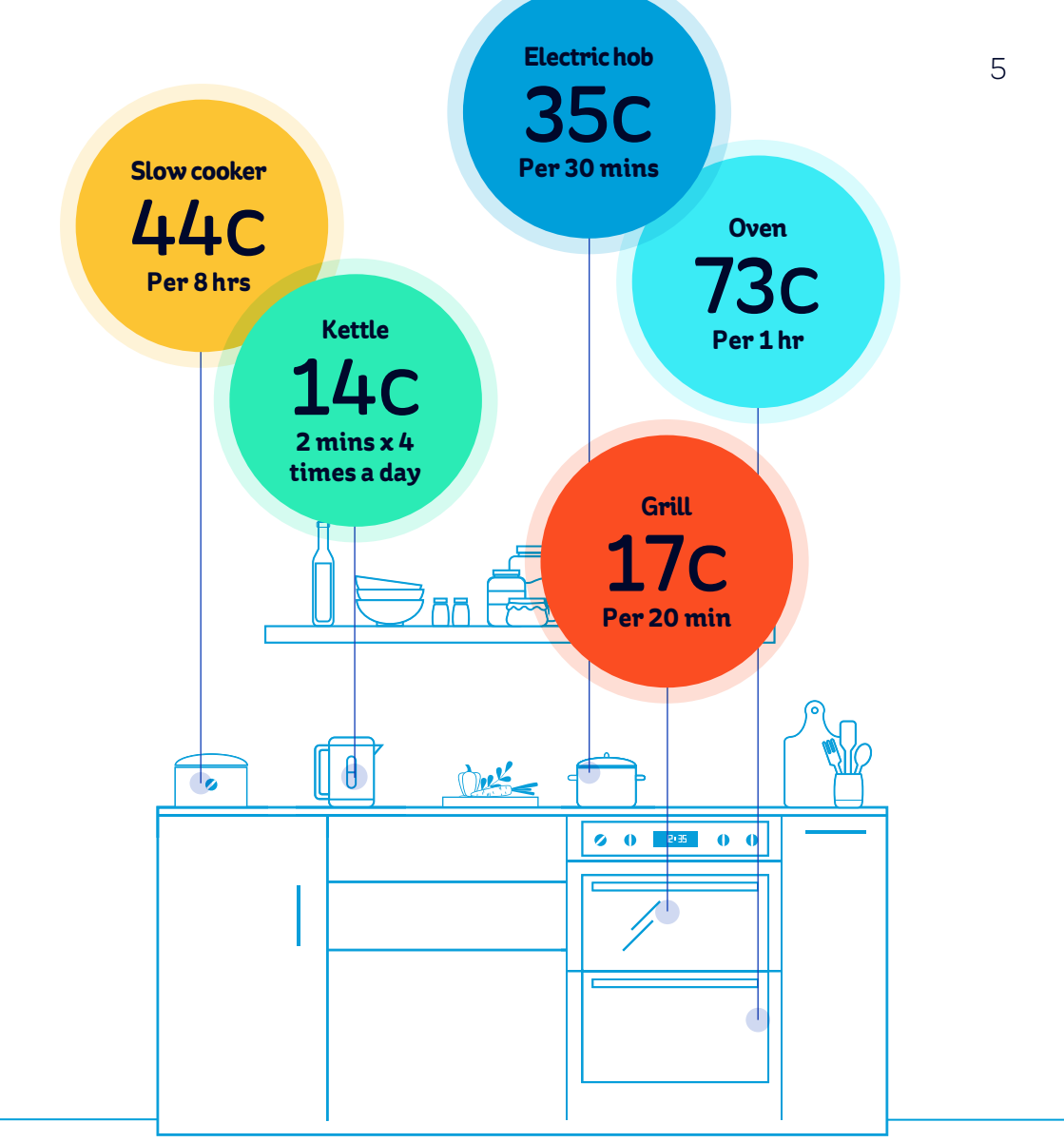
Where you can, cook with a lower wattage appliance such as an air fryer or slow cooker. It also helps to plan meals and batch cook.

Dishwasher

Fill the machine correctly and only run when full. Also consider air drying dishes when possible. Use the eco setting on your dishwasher.

Microwave

Avoid using them to defrost food; instead defrost overnight in your fridge.



Kettle

If you are making a quick cuppa, only boil the amount of water you need, not the full kettle.

Fridge-gazing

Did you know that leaving the fridge door open for just one minute can take 10 minutes for it to cool back down? This can waste over 100kWh of energy a year which is the equivalent of vacuuming for three days straight! So try to keep fridge-gazing to a minimum!

How much do **utility room** appliances cost to run?

Appliance	Kilowatt-hour	Cost per hour*
Washing machine	2.1 kWh	**73 cent**
Tumble dryer	2.5 kWh	**87 cent**
Vacuum cleaner	1 kWh	**35 cent**
Iron	1.5 kWh	**52 cent**
Steam cleaner	1.8 kWh	**63 cent**
Clothes steamer	1 kWh	**35 cent**
Outdoor floodlight	0.15 kWh	**5 cent**
Chest freezer	0.5 kWh/ per day	**19 cent/per day****

****Chest freezer**: A chest freezer mainly uses energy to maintain a steady temperature, not to run continuously. An E-rated model typically consumes 200 kWh/ per year. Estimated cost of €69.50 yearly or €0.19 cent per day. Actual running costs vary based on efficiency, temperature settings, how full it is, and placing hot items inside.

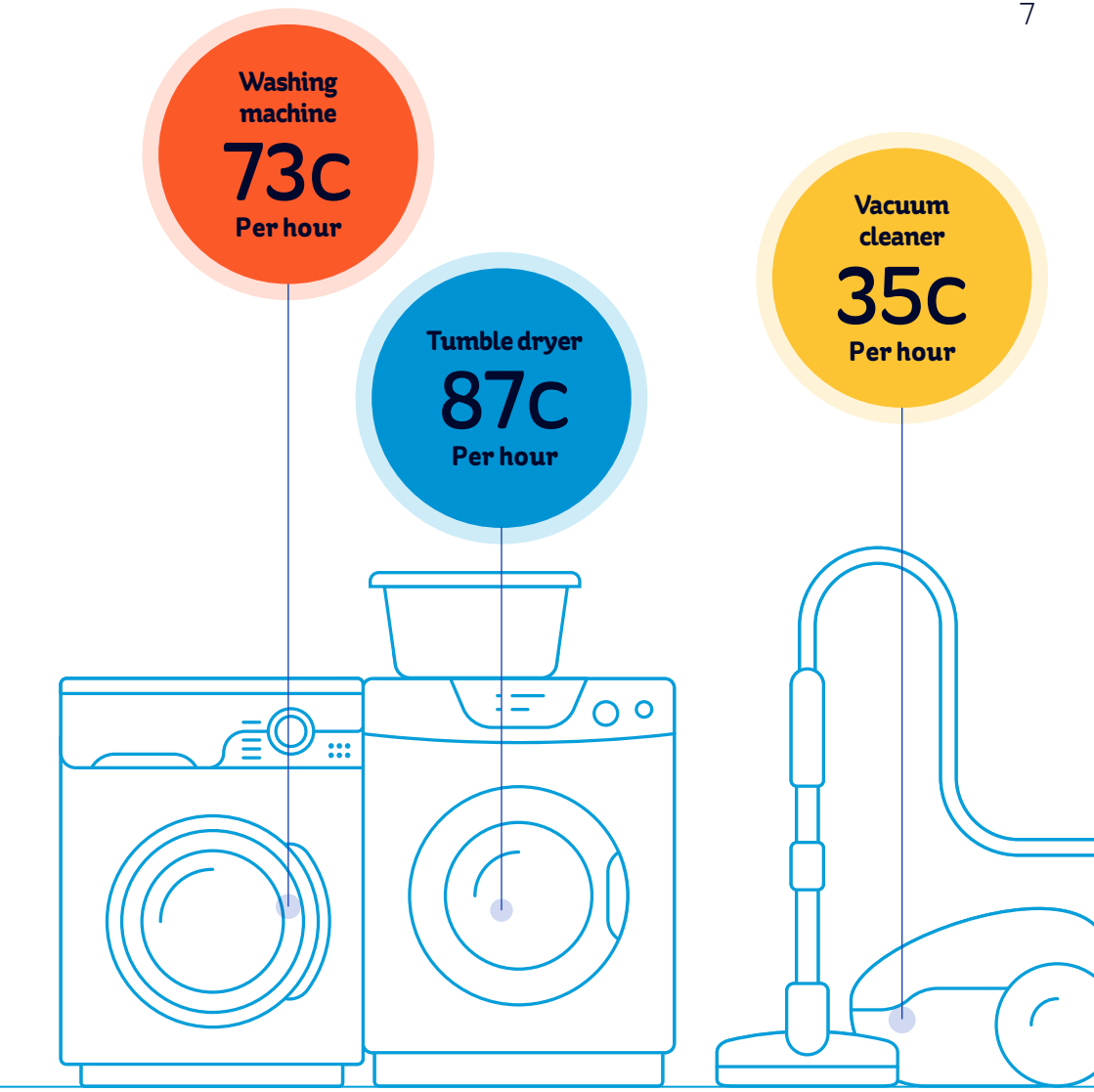
Utility room energy-saving tips

Cold water wash

If possible, use eco settings on the machine and wash at a lower temperature. Like dishwashers, washing machines use the most energy when heating water.

Full loads

A full load uses the same amount of electricity as a half load, so sometimes it's better to wait to put that wash on.



Dryer efficiency
Clean the lint filter and consider air-drying clothes.

Dry clothes outdoors
When the weather permits.

Smart Lighting
Try smart lighting controls such as timers or motion sensors to avoid wasted energy.

How much do **living room** appliances cost to run?

Appliance	Kilowatt-hour	Cost per hour*
TV (on)	0.101 kWh	**3 cent**
TV (standby)	0.001 kWh	**1 cent / 24 hours usage****
Games console	0.2 kWh	**7 cent**
Sound system	0.095 kWh	**3 cent**
Electric fireplace	1.5 kWh	**52 cent**
Home virtual assistant	0.015 kWh	**1 cent**
Electric heater	2 kWh	**70 cent**
Tablet	0.02 kWh	**1 cent**
3 Ceiling light fixture	0.01 kWh	**1 cent*****

****TV (standby)**: Estimated cost of 1 cent is based on **24 hours** of standby usage at 1 watt/hour and an electricity rate of €0.3475/kWh.

*****3 Ceiling light fixture**: Estimated cost of 1 cent is based on using three ceiling lights for one hour. Each light uses 0.01 kWh of electricity. The cost is calculated using a rate of €0.3475/kWh.

Living room energy-saving tips

Gaming

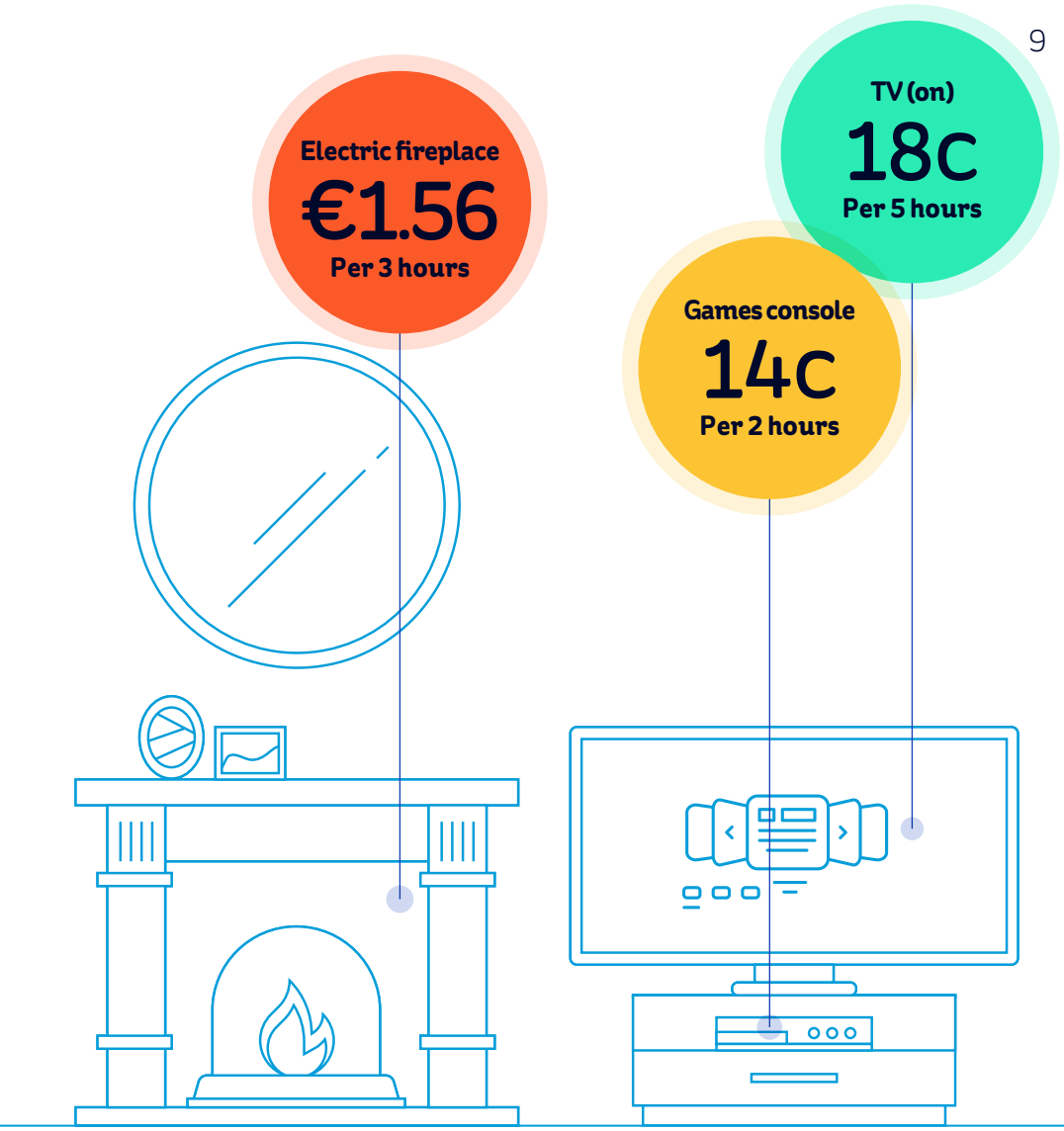
Consoles consume power even in standby mode. If you can, switch it off when not playing.

TV on standby

Don't leave the TV on standby. Switch off or unplug to turn off the red light.

Energy-efficient windows

Use curtains or blinds to keep heat in during winter and out during summer.



Smart thermostats
Install a smart thermostat. They learn your habits and adjust heating efficiently, ensuring you are only using energy when needed.

Natural light
Use natural light to reduce the need for electric lighting.

Switch to LED bulbs
Replace failed bulbs with energy-efficient LEDs. Choose the lowest wattage needed based on room size.

How much do **bathroom** appliances cost to run?

Appliance	Kilowatt-hour	Cost per hour*
Electric shower	9 kWh	**€3.13**
Immersion	3 kWh	**€1.04**
Extractor fan	0.012 kWh	**3 cents / 1 hour a day per week usage****

****Extractor fan** estimated cost of **3 cent** is based on **1 hour a day per week** usage at 12 watt/hour and an electricity rate of €0.3475/kWh.

Bathroom energy-saving tips

Electric showers

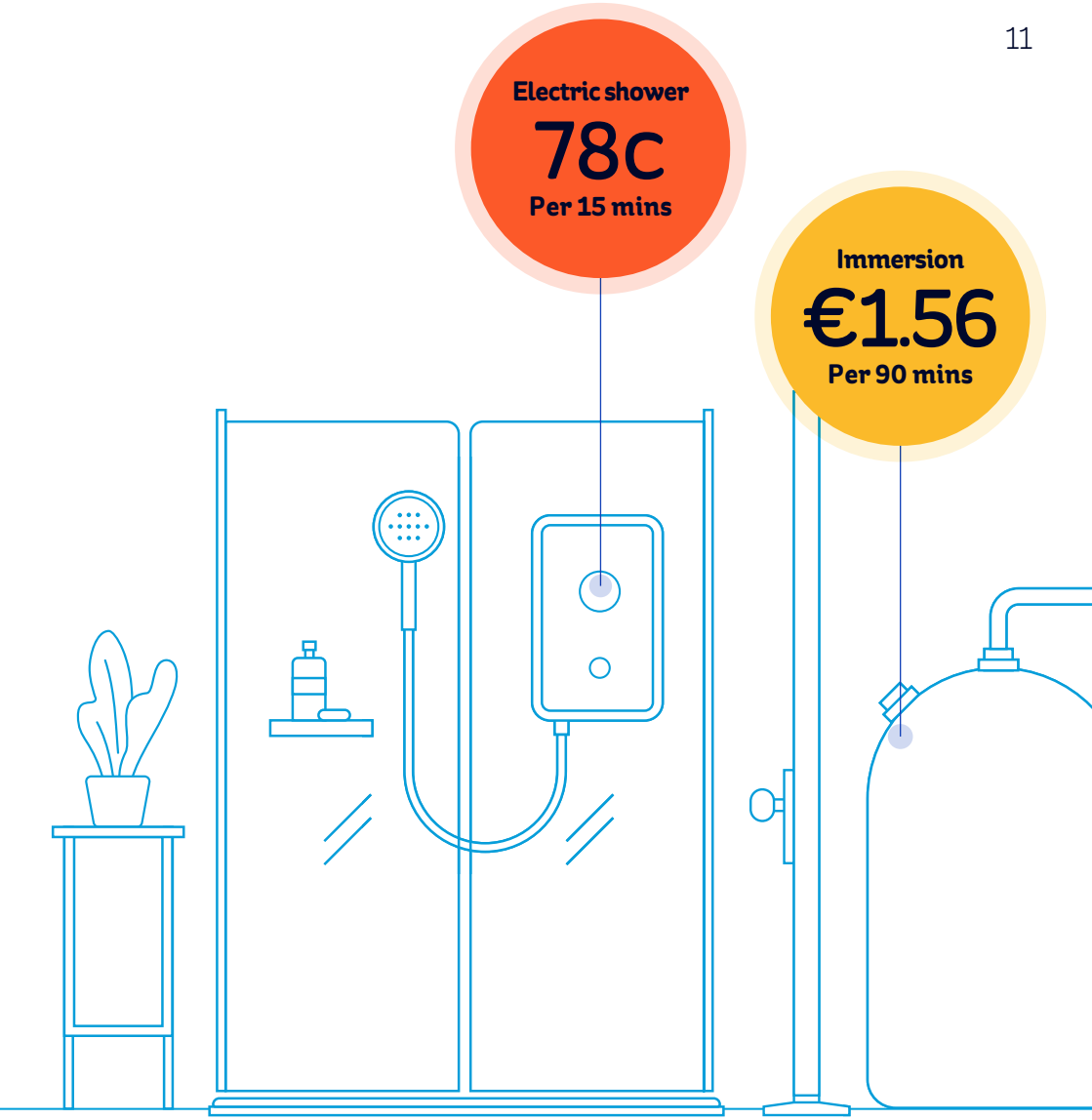
Take shorter, cooler showers to reduce electricity use.

Immersion heater

Set a timer to heat water only when needed. Don't leave it on.

Bathroom lighting

Bathrooms often have multiple lights. If possible, replace old bulbs with energy-efficient LEDs.



Extractor fans
Help prevent dampness but can waste energy if left running for too long.

Showers vs baths
A shower typically uses about 20% of the energy compared to a full bath. Consider keeping baths as an occasional treat.

Hot water taps
Don't leave hot taps running. It wastes both energy and money, turn them off when not in use.

How much do **bedroom** appliances cost to run?

Appliance	Kilowatt-hour	Cost per hour*
Hairdryer	1.5 kWh	**52 cent**
Hair straightener	0.15 kWh	**5 cent**
Electric blanket	0.2 kWh	**7 cent**
1 LED bulb	0.018 kWh	**1 cent**
1 incandescent bulb	0.1 kWh	**3 cent**
Dehumidifier	0.6 kWh	**21 cent**
Smartphone charger	0.006 kWh	**2 cent / 8 hours usage****

****Smartphone charger** hours usage: Estimated cost of 2 cent is based on **8 hours** of usage at 6 watt/hour and an electricity rate of €0.3475/kWh.

Bedroom energy-saving tips

Power down

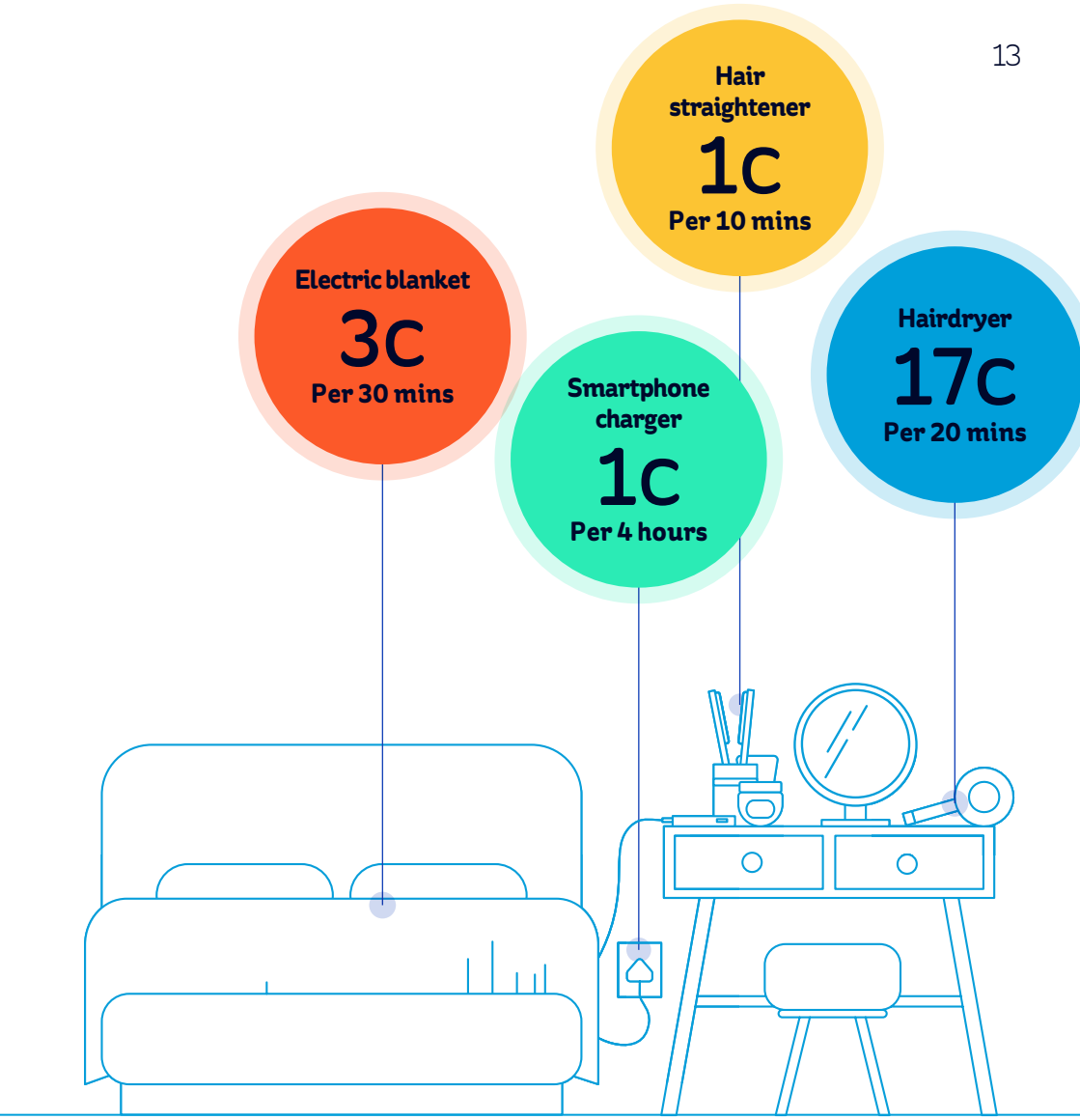
Unplug/switch off TVs, laptops, and phone chargers to stop energy waste from standby mode.

Hair dryers

Towel-dry your hair first to reduce drying time, and always unplug when finished.

Close doors

Keep doors closed and use thick curtains to trap warmth.



Switch to LED lighting
Swap all bedroom light and lamp bulbs with LED bulbs which last longer and use less electricity.

Adjust your thermostat
Lowering it by just 1°C can save up to 10% on heating bills.

Dimmer switches
Installing dimmer switches lets you control light levels and reduce electricity use. They're a simple way to save energy.

How much do **home office** appliances cost to run?

Appliance	Kilowatt-hour	Cost per hour*
Desktop computer	0.2 kWh	**7 cent**
Laptop	0.1 kWh	**3 cent**
Monitor	0.025 kWh	**1 cent**
Desk lamp	0.040 kWh	**1 cent**
Printer	0.1 kWh	**3 cent**
Paper shredder	0.15 kWh	**5 cent**

Home office energy-saving tips

Power saving settings

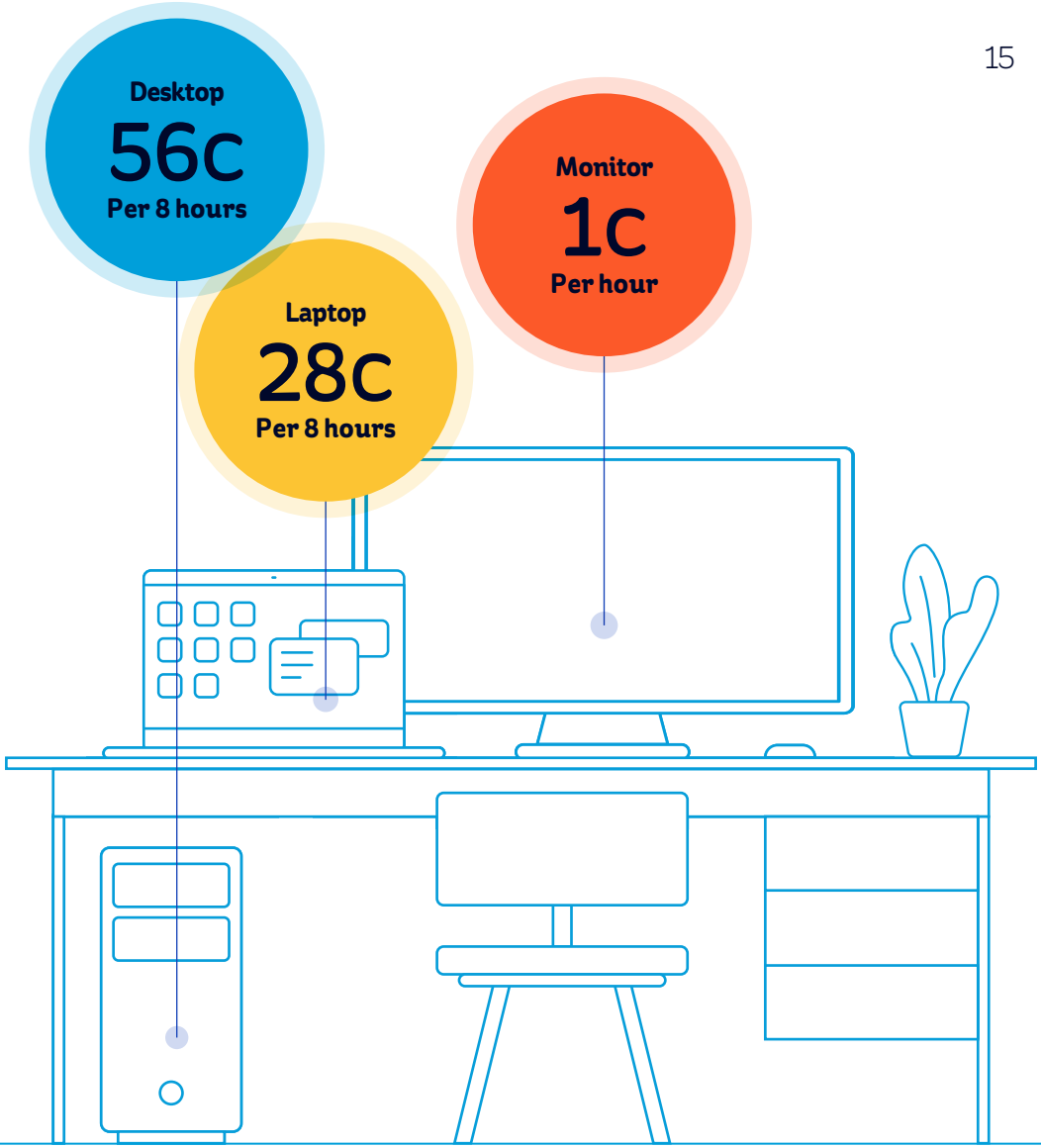
Enable power-saving modes on computers, printers, and monitors to reduce energy use when idle.

Smart power strip

Turn off power to all your devices with one switch when you're done.

Shut it down

Shut down computers completely at the end of each workday. This helps extend the lifespan of the equipment.



Light the right way
Switch to LED bulbs. Save on energy and costs.

Natural light
Position your desk to make the most of it. Less need for lamps.

Heat smart
Use a small energy-efficient space heater to warm just your workspace.

FAQs

How do I understand energy consumption?

Energy consumption is expressed in kilowatt-hours (kWh). To calculate energy usage, you multiply the appliance's wattage by the number of hours it's used and divide by 1,000 to convert watts to kilowatt-hours. For example, if you use a 100-watt bulb for 1 hour, it consumes 0.1 kWh (100 watts x 1 hours ÷ 1,000 = 0.1 kWh).

To calculate a product's running cost per hour, you can multiply the given kWh by the cost of your electricity unit rate. (0.1 kwh x unit rate 0.3475c = 3 cent) 100-watt bulb for 1 hour using a unit rate of 0.3475c will cost you 3 cent.

What unit rate is used to calculate appliances cost per hour?

The costs shown are based on Electric Ireland's standard 24-hour rate of €0.3475 per kWh (non-smart), including VAT as of August 2025. Final electricity bills include an annual standing charge and PSO payment. Appliance costs are estimated based on hourly continuous use. Actual costs may vary with usage patterns.

Why is my energy consumption cost different to what is shown here?

Examples of energy consumption are intended as a general guide to help you understand potential energy costs and identify which appliances may have the greatest impact on your bill. The wattage listed is an average across various brands and models.

To discover more about your appliance energy costs, visit **electricireland.ie/knowyourenergy**