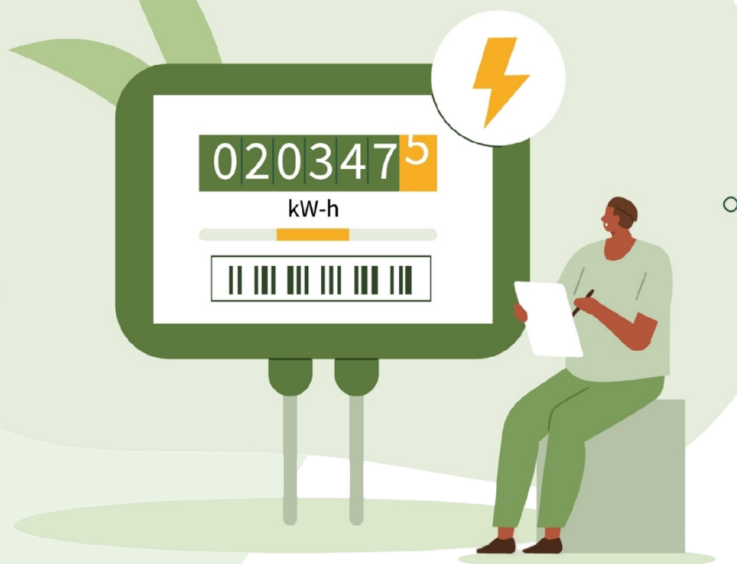




# HOW MUCH DO YOUR ELECTRICAL ITEMS COST TO RUN?

National Energy Action is the national charity, helping you with your energy bills. This leaflet helps you work out how much electrical items like washing machines cost to use.



Understanding which items in your home use the most electricity could help you save money. The amount it costs to run electrical appliances depends on three things:

**1 The amount of power they need**  
(power rating)

**2 The price you are charged per unit of electricity** (kWh)

**3 How long the appliance is on** (use)

This leaflet is a rough guide on comparing costs for appliances over one hour, helping you to see the ones that use the most electricity so you may be able to adjust how you use them. If you are still struggling call National Energy Action's **Energy Advice and Support Service on 0800 304 7159** or go to **[www.nea.org.uk/get-help](http://www.nea.org.uk/get-help)**.

## WE CAN HELP

Accessibility  
& Language



You can **translate** National Energy Action's website and leaflets into over 160 languages - and get **text-to-speech** in over 100. You can also **adapt text for neurodiversities** including ADHD and dyslexia, and visual impairments. Use our Recite Me button on [www.nea.org.uk](http://www.nea.org.uk).

## KILO WHAT?

**So what is a kilowatt?** The power rating for electrical appliances is measured in **watts (W)** or **kilowatts (kW)**.

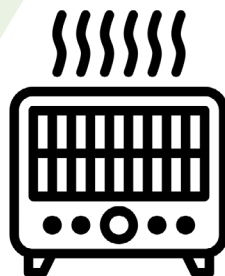
A kilowatt is **1000 watts**.

If a **1 kW appliance** (like this fan heater) runs for **1 hour** it will use **1 kWh** (kilowatt hour) of electricity.

Units of electricity are measured in **kWh** and counted through our electricity meters.

The price for a unit of electricity is shown in **pence per kWh** and that's what energy suppliers use to bill us.

On a prepayment meter (PPM/top-up meter) **your credit will run down with each kWh used.**



## ENERGY PRICE CAP

The **energy price cap** **ISN'T** a cap on how much you'll pay for the energy you use. It's a cap on the maximum suppliers can charge us per unit of energy.

**It's changed every three months** by Ofgem, the energy industry regulator.

**You can find your current electricity unit price on your energy bill** or by contacting your supplier. By law they must provide you with this information.

**If you have a prepayment meter (PPM)** you won't get an energy bill often, so contact your supplier or use websites such as Ofgem, MSE or Citizens Advice energy comparison for up-to-date info. An energy advice agency may also be able to help with this.

## WORK OUT THE RUNNING COSTS OF YOUR APPLIANCES

By understanding the power rating, the electricity unit rate of your supplier and using the following simple formula, you can see how much your appliances cost to run.

$$\begin{array}{ccccccc} \text{Running} & & \text{Power rating} & & & & \\ \text{cost} & & \text{(Watts)} & & & & \\ \text{(pence} & = & & \times & \div & 1000 & \\ \text{per hour)} & & \text{Electricity unit rate} & & & & \\ & & \text{(pence per kilowatt hour)} & & & & \end{array}$$

**If you want to work out the cost per minute, just divide the result by 60!**

It can be hard to give exact costs. The **price cap** changes regularly and there are differences between makes and models and the age of appliances. Also, heaters, cookers, washing machines and tumble dryers use different amounts of energy while they run.



















## THINK SMART

**Smart meters have an in-home display, which can help you keep track of how much energy your appliances use. See our leaflet or go to [www.nea.org.uk/get-help](http://www.nea.org.uk/get-help).**

Choosing **energy efficient** electrical items can also help. A is the most efficient (see right).



This table shows uses **price cap costs** from 1 April 2025\* to show how much items cost to run. The amount of electricity an item uses can vary due to it having a thermostat. If so, the power rating is the maximum power consumed by the appliance. **We've tested items** marked\*\* to find out how much power they actually use: [www.nea.org.uk/publications/appliance-monitoring-for-energy-advisers](http://www.nea.org.uk/publications/appliance-monitoring-for-energy-advisers).

Appliance	Rating (watts)	Cost per hour*
 <b>Electric shower</b>	7,000 – 10,500	£1.89 to £2.83
 <b>Immersion heater</b> (single rate tariff)	3,000	82p
 <b>Supplementary heating</b> (e.g. fan heater)	1,000 – 3,000	27p to 82p
 <b>Kettle</b>	2,500 – 3,000	68p to 82p
 <b>Oven**</b>	1,800 – 3,000	24p to 56p
 <b>Hob</b> (per ring)**	1,000 – 2,000	14p to 54p
 <b>Iron</b>	1,000 – 3,000	27p to 82p
 <b>Microwave</b>	700 – 1,400	19p to 38p
 <b>Vacuum cleaner</b>	600 – 900	16p to 25p
 <b>Slow cooker</b>	100 – 300	3p to 8p
 <b>Air fryer**</b>	1,400 – 1,800	16p to 32p
 <b>Fridge-freezer**</b>	100 – 300	Up to 1p
 <b>Games console</b>	100 – 200	3p to 5p
 <b>LCD TV</b>	25 – 250	1p to 7p
 <b>LED GLS bulb</b>	6 – 10	Less than 1/2p
 <b>Broadband router</b>	5 – 20	Less than 1/2p
 <b>Extractor fan</b>	5 – 10	Less than 1/4p
 <b>Phone / tablet</b> (charging)	12 – 20	Less than 1/2p

Washing machines and tumble dryers typically use different amounts of energy throughout the cycle. The washing cycle uses more electricity than the spin cycle. While ECO settings may take longer to wash a load, they usually use cooler water. So you save money on heating it up.

\*\*\*Thermostat allows average energy use to be calculated per hour

Appliance	Rating (watts)***	Cost per cycle
<b>Washing Machine</b>	1,000 – 2,400	5p to 35p
<b>Tumble Dryer</b>	1,500 – 2,500	38p to £1.46

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