



The Sustainable Guidelines for Domestic Workers



Introduction

The Ministry of Energy and Infrastructure oversees the National Energy and Water Demand Side Management Program, in collaboration with relevant federal and local authorities. This is carried out through a national team that monitors energy and water demand management programs, including the Technical Committee for Awareness and Conservation. The committee aims to raise the awareness and change the behaviour of different community segments regarding the conservation of energy and water consumption, including domestic workers. As a result, this guideline has been prepared to be used by recruitment and training centres for domestic workers and homeowners, with the aim of educating them on daily behaviours and actions that help preserve natural resources and improve household income.

Purpose

Training domestic workers by promoting energy and water conservation behaviours in household practices and tasks contributes to reducing energy and water consumption, while preserving household income by lowering monthly utility bills. This helps conserve the country's resources and reduces greenhouse gas emissions that are a key driver of climate change impacts. It also supports the objectives of the National Demand Side Management program for Energy and Water, and the National Conservation Campaign "Save to Sustain", aiming to make sustainable behaviours a way of life.



Scientific Terms

Sustainability	The ability to meet the needs of the present without compromising the ability of future generations to meet their own needs, through an environmental, economic, and social balance that preserves resources and ensures human well-being over time.
Renewable energy	Energy derived from natural, sustainable sources such as the sun, wind, water, and biomass, which are continuously replenished and do not deplete with use. It is characterized by lower carbon emissions and environmental impacts compared to fossil fuels.
Clean energy	Energy produced without the release of pollutants or harmful carbon emissions, including sources such as solar energy, wind energy, and hydroelectric power. It is used to reduce negative environmental impacts and achieve sustainability.
Solar panels	Devices that convert sunlight directly into electricity using photovoltaic cells based on the photovoltaic effect. They are used as a renewable energy source to generate electricity in a clean and sustainable manner.
Water sprinklers	A manual or automatic irrigation system that helps reduce water consumption in irrigation.
The eco-wash mode	A washing method at a low temperature, which helps reduce energy consumption.
Filter	A key component in the air conditioning system that works to purify the air entering the unit from impurities and pollutants such as dust, dirt, pollen, and allergens.
Mulch	A layer of fallen leaves or other organic materials placed on the soil surface to reduce irrigation water evaporation.

Facts

Due to the geographical location of the United Arab Emirates, the country's climate is characterized by certain features that may contribute, directly or indirectly, to increased electricity and water consumption if proper practices and behaviours are not adopted. These features include:



High temperatures



High humidity levels



Dust and sand



Water scarcity



Low rainfall



Approximately, peak hours for the demand for electricity and water in the UAE are from 2 PM to 6 PM.



Cooling represents about 70% of the total electricity consumption in a home, while lighting accounts for 10-20% of the total electricity consumption.



The UAE is moving towards greater use of clean and renewable energy sources such as solar and wind energy to compensate for the shortage of natural resources.



If solar panels are not cleaned, they lose about 70% of their efficiency due to the accumulation of dust and dirt.

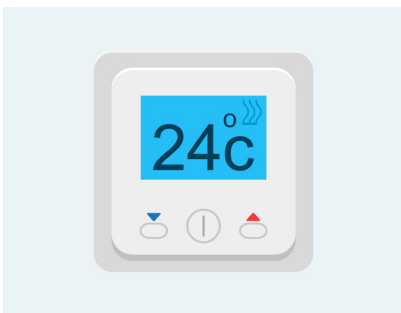


Educational Information

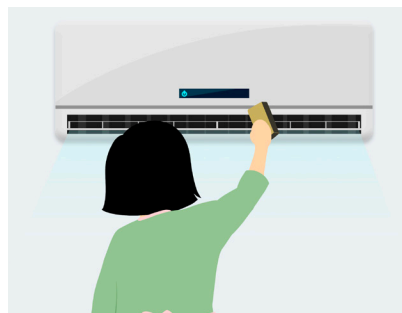


Behaviors to Rationalize Electricity Usage

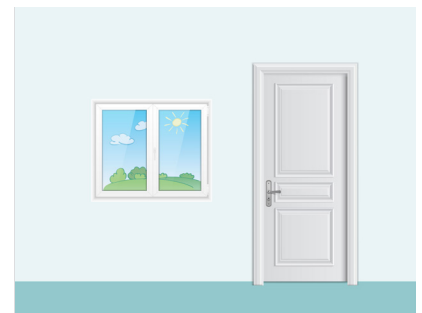
Managing Cooling and Heating



Limit cooling or heating to occupied rooms only, and set the temperature between 23-24°C.



Clean the air filter of air conditioning units regularly to improve efficiency and airflow.



Ensure that doors and windows are tightly closed during hot summer months to improve air conditioning efficiency and prevent cold air from escaping and turning off air conditioners during the winter to take advantage of the mild weather.

Lighting

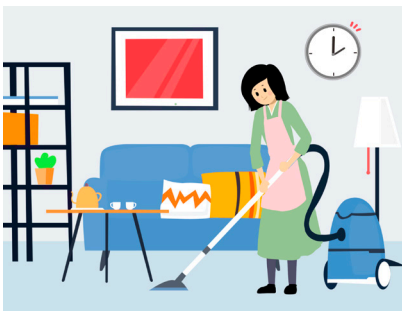


Rely on natural light as much as possible and turn off lights in unoccupied rooms.

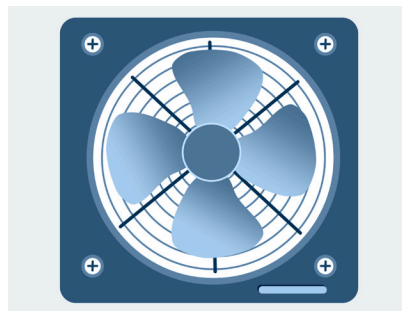


Keep lighting fixtures clean of dust to improve lighting efficiency.

Using Electrical Appliances

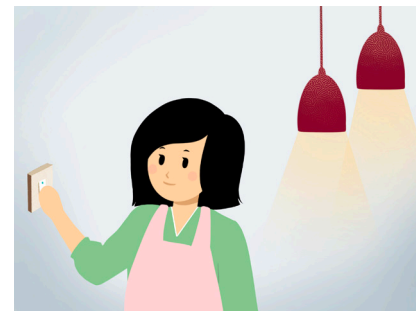


Operate heavy appliances such as vacuum cleaners and washing machines outside peak hours, and avoid running all appliances at once, especially during peak hours.

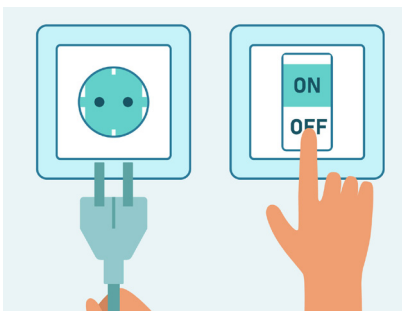


Turn off exhaust fans when not needed:

- In the kitchen after cooking.
- In the bathroom after showering.



Turn off all lights and unused appliances when leaving the space or in unoccupied areas.



After use, turn off appliances from the main switch and avoid charging devices while sleeping.

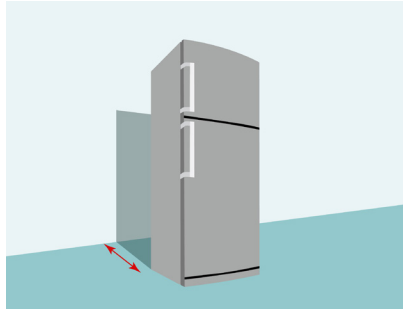


Dry clothes outdoors instead of wasting energy using a clothes dryer.



If using a clothes dryer, keep the dryer clean to improve the appliance's efficiency and reduce energy consumption.

Kitchen



Ensure the refrigerator door is tightly closed, avoid ice buildup in the freezer, and leave enough space for ventilation behind the refrigerator.



Avoid overloading the refrigerator or packing it haphazardly, as this can reduce its efficiency and lifespan. Regularly check the condition of the rubber sealing ring on the refrigerator door.



Try to match the size of the pot with the stove burner to use all the emitted heat without wastage.



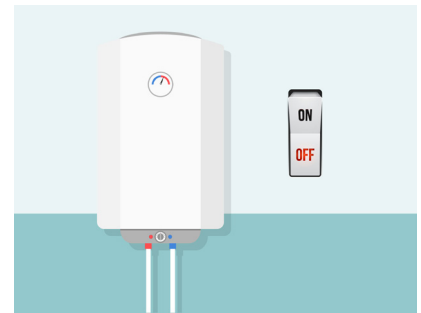
Use tight-fitting lids on pots to reduce cooking time and save energy.



It's better to boil water in a kettle rather than a pot as it takes less time and energy.

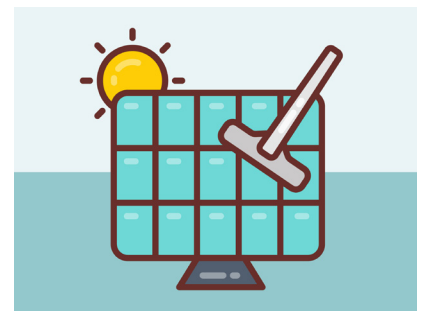
Water Heater

Turn off the water heater when not in use and switch it on at an appropriate time before showering.



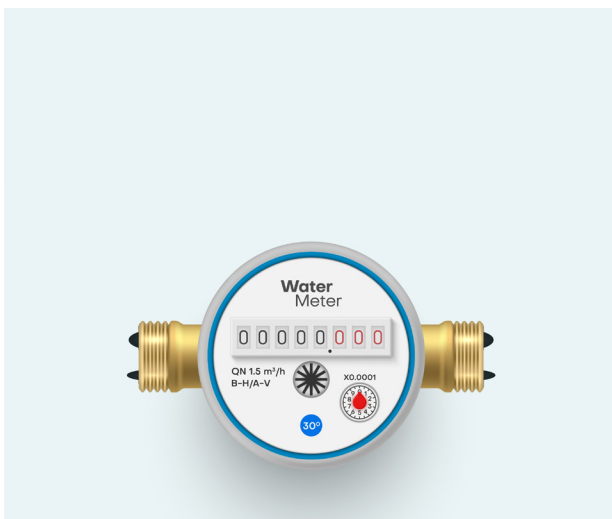
Solar Panels

If available in the home, be sure to clean them monthly from dust and dirt using microfiber towels.



Water Conservation

Water Faucet

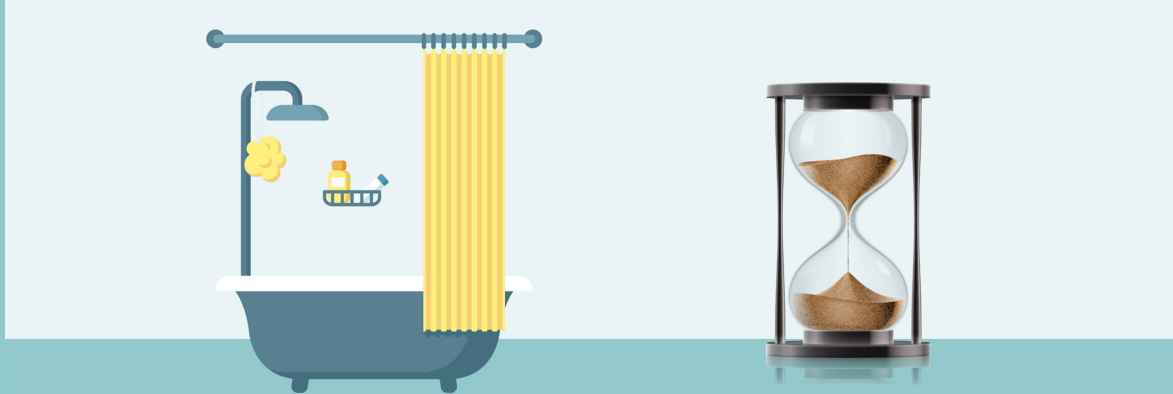


Use water flow control systems to reduce consumption without affecting performance.



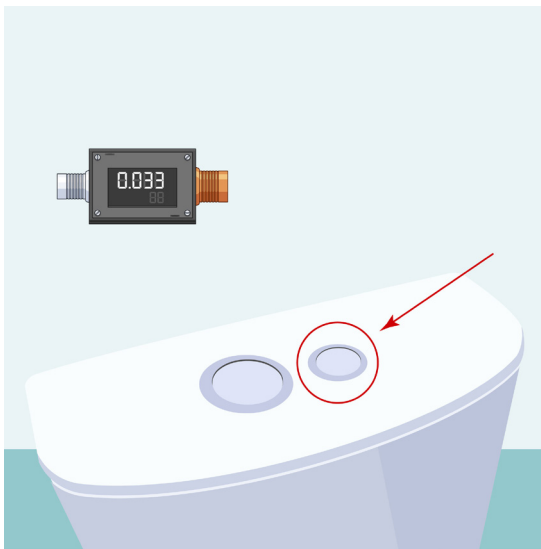
Do not leave the water faucet running continuously while washing dishes by hand.

Shower Time



Reduce shower time; you can install a timer to measure time or use water-saving showerheads to reduce water consumption.

Low-Flow Toilet Button



If a low-flow toilet button is not available, water-saving devices can be installed in older toilets to reduce water consumption.

Floor Cleaning

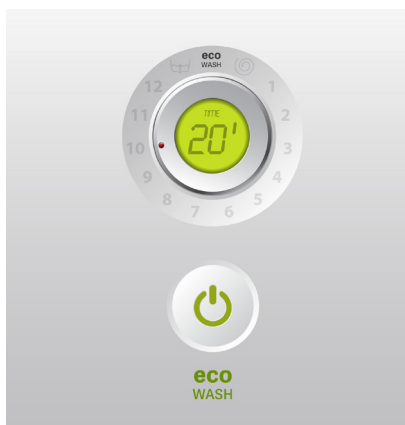


When cleaning and washing the floors of the house or the outdoor patio, it is recommended to use a cleaning brush with a bucket of water.

Washing Machine



Run the washing machine only when it reaches its full capacity, as this helps reduce the number of washing cycles, thereby reducing water and energy consumption and improving the operational efficiency of the appliance.



Be sure to select the eco-wash mode if available, to reduce water and energy consumption.



When purchasing laundry detergents, ensure you choose a type that is soluble in cold water.



Regularly clean the washing machine to remove mold and soap residue, helping maintain the washing machine's efficiency.

Dishwasher



Use the dishwasher instead of washing dishes by hand.



Be sure to select the eco-wash mode if available, to reduce water and energy consumption.



Use the dishwasher only when it is fully loaded to ensure efficiency and reduce water consumption.



You can soak the dishes and wipe them first, then turn on the faucet only to rinse off the soap.

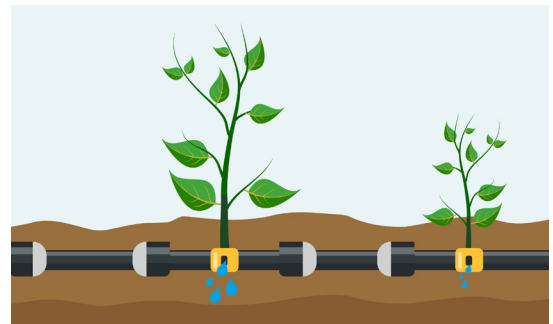


Cleaning Vegetables & Fruits

Wash vegetables and fruits in a bowl of water and use the leftover water to irrigate plants, ensuring you avoid using water that contains chemicals or detergents.

Modern Irrigation Techniques

Use modern techniques such as drip irrigation systems or water sprinklers to reduce water wastage during irrigation.



Irrigating Plants



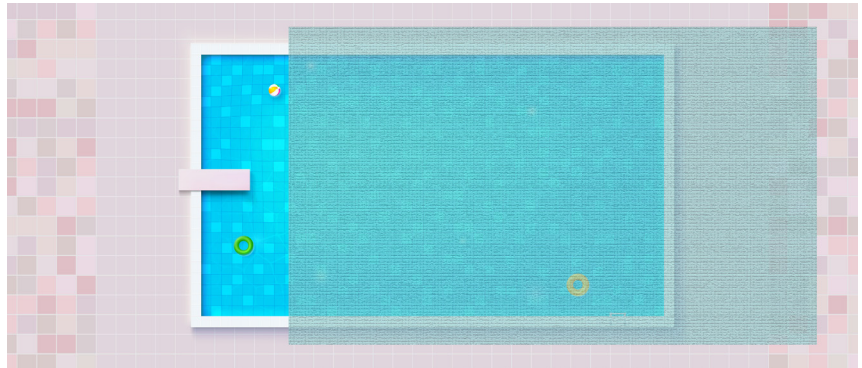
Water plants early in the morning or after sunset to avoid evaporation caused by high sunlight.



Use mulch and fallen leaves around plants to maintain soil moisture and reduce evaporation of irrigation water.

Covering the Swimming Pool to Reduce Evaporation

Use energy-saving covers that maintain water temperature, helping save both energy and water.



Car Washing

Make sure to wash the car using a bucket of water and a sponge and avoid using a hose.

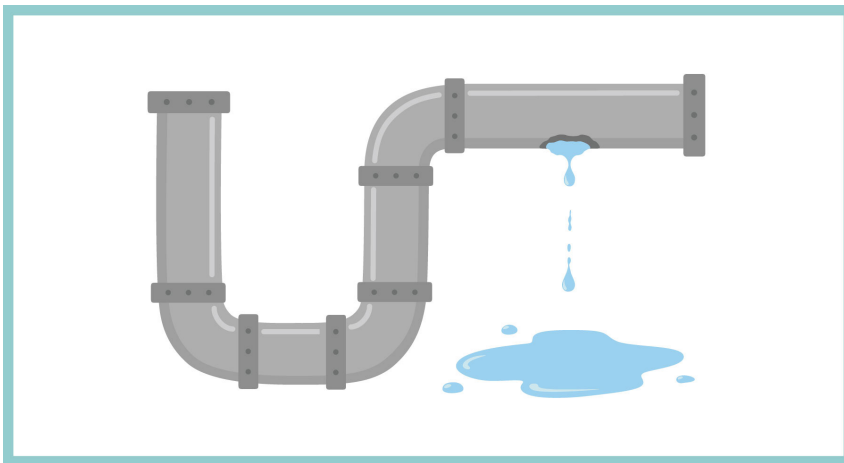


Pets

You can clean pets in the outdoor yard in areas that need irrigation, rather than cleaning them in the bathtub.



Reporting Malfunctions



Ensure to regularly check faucets, valves, and water hoses for any leaks. If you notice any leakage, collect the water in a bucket and inform the homeowner about the issue.

If you see water leaks on the walls, inform the homeowner.

Monitor the air conditioning filters and ask the homeowner to clean them when needed or request the maintenance team.

Keep track of the irrigation system's maintenance to ensure its efficiency in irrigating the agricultural area without any leaks or wastage. If any malfunction occurs, inform the homeowner.

The homeowner should conduct periodic checks of the main water shut-off valve every few months.

Collect rainwater in a container to be used later for watering plants.

Raising Awareness of Future Generations

Eco runner



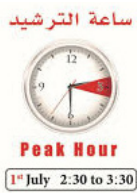
Estidama Craft



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Important Occasions

Occasion	Date	Brief description
Earth Hour 	Observed annually on the last Saturday of March	Individuals and institutions around the world are asked to turn off unnecessary lights for one hour, from 8:30 PM to 9:30 PM local time in each country.
Peak Hour 	July 1st	The initiative requires residents to switch off non-essential electrical appliances during peak hour, which is from 2:30pm to 3:30pm, local time in the UAE.

Thanks to the Participants





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