

Energy Efficiency and Conservation in Homes and Offices

Electricity

At Home

- ✓ When you replace your existing appliances, look for products that display the energy saving recommended logo. These products have to meet strict efficiency criteria.
- ✓ Don't leave lights on when no one is in the room. If you are going to be out of the room for more than five minutes, turn off the light. If you know of a light that everyone forgets to turn off, make a sticker or a sign to hang next to the switch that says "Lights Out!" or "Don't Forget!"
- ✓ Where possible, use compact fluorescent light bulbs. These bulbs produce the same amount of light by using 1/4 of the electricity. In addition to that, they last for years and years without burning out.
- ✓ Normal light bulbs cost less than energy efficient bulbs, but they don't really save you money in the long run.
- ✓ Take advantage of daylight by using light-colored, loose-weave curtains on your windows to allow daylight to penetrate the room while preserving privacy. Also, decorate with lighter colors that reflect daylight.
- ✓ Turn off the TV when no one is watching it. The same goes for computers, games, radios and stereos - if no one using it, turn it off. Turn off all the appliances at the surge protector/control strip. Some devices, like modems or other networking boxes are drawing small amounts of power all the time. The best thing to do is turn them ALL off at the surge protector.
- ✓ If you have ceiling fans or other fans, turn them on. Fans use a lot less electricity than air conditioners.
- ✓ If you only have a small lawn, consider getting a manual push mower. It doesn't use any energy except your own. Pushing the mower spins the rotating wheels, which spins the cutter. Consider it good exercise.
- ✓ Don't use an electric or gasoline leaf blower. Instead, use a rake.
- ✓ If you need to warm up or defrost small amounts of food, use a microwave instead of the stove to save energy.



- ✓ If you need to leave a security light on over night, change the incandescent bulb to a compact fluorescent. It will last months and maybe years and save you energy and money.
- ✓ Consider creating a weekly "energy monitor" - someone whose job it is to make sure lights are out when there's no one in a room. He or she can also make sure that machines are turned off when not being used.

At the Office

- ✓ Switch off all equipment overnight. Machines which do not have on/off switches should to be switched off at the plug.
- ✓ Don't switch on appliances unless you are ready to start using them
- ✓ Get into the habit of switching off your PC monitor over lunch and any other time when not in use.
- ✓ Set the energy saving mode on the photocopier to best suit the working practices of your office.
- ✓ Screen savers do not reduce energy use by monitors. Automatic switching to sleep mode or manually turning monitors off is always the better energy-saving strategy.

