

# TOP 10 TIPS FOR WORK AND HOME

## Energy Efficiency and Conservation

Reduce CO2 emissions and save money

1

Use energy saving light bulbs.

2

Turn off unnecessary lights.

3

Switch off non essential equipment before you go home!

4

At home insulate your walls, lofts and hot water tanks.

5

Prevent draughts by filling the gaps.

6

Buy energy-saving electronics and electrical appliances.  
A=most efficient E=inefficient

7

Turn off your monitor when going to lectures, meetings and lunch (screen-savers are not energy-saving devices).

8

Standby mode on electrical appliances means they are still using 20-25% power so turn them off when not in use.

9

Wear more layers of clothing to keep warm in winter and save on the cost of heating by keeping your thermostat at 21°C or below.

10

Be aware how much energy you use - visit [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)