

Energy Management - good housekeeping Tips.

It is clear that in order to achieve any reductions in consumption or increases in efficiency then cultural behaviour at Anglia Ruskin University is going to need to change. Without the active participation of end users then any initiatives will struggle to be successful. If you are already taking the lead and can demonstrate best practice then we want to know!

In simple terms we need you to adopt the following behaviours wherever you can.

Switch OFF!

- **Switch OFF!** Monitors, computers and printers at the end of the working day. Leaving them in standby overnight does not increase their useful lifespan - it just wastes power and presents a fire risk.
- **Enable** energy efficient measures on all PCs, monitors, printers, faxes and photocopiers. A monitor could be set to power down after 20 minutes of inactivity (perhaps you are at lunch or in a meeting). Remember screen savers only save the screen not energy so by setting it to power down you can save the screen and energy!
- **Switch OFF!** Lights – please switch these off at the end of the day and if rooms are unoccupied during the working day then turn the lights off. There's no point lighting up an empty room or classroom. It also helps to cut down on light pollution which does annoy our neighbours.
- **Switch OFF!** Fans and heaters – it's easy to turn these on and then walk away and forget about them but they burn a lot of power so if you don't need it then please switch it off!
- **Unplug** phone and laptop chargers once finished with. They still draw power when left plugged in – it might only be a small amount but this soon adds up across the estate. These items really are silent energy vampires.
- **Switch OFF!** Photocopiers – please turn these off at the end of the working day. They do have off switches and while they may go into a sleep mode over night they are still drawing power. Over a weekend that's 48 hours of standby mode for no useful reason.
- **Taps** – please report any dripping taps, or toilets that are overflowing. Try not to leave taps running at full tilt when rinsing out a few items.
- **Heating** – all the radiators do have valves fitted and these can be turned up or down to suit your preferences. If you're too hot or need some fresh air then please don't just open the window and leave the heating on full blast.
- Become an **Energy Warden** if you're interested in helping the University to reduce its environmental impact.

All these simple activities will reduce our consumption and environmental impact significantly. It is also worth bearing mind that these electrical items generate a lot of heat so turning them off when not in use will help reduce the heat load of your building. In the summer this will help to reduce internal temperatures and during the winter it will help to ease that stuffy feeling the building gets.