



Say Goodbye to Standby

Monitors can account for almost two thirds of a computer's energy use, so always switch off equipment when not in use.

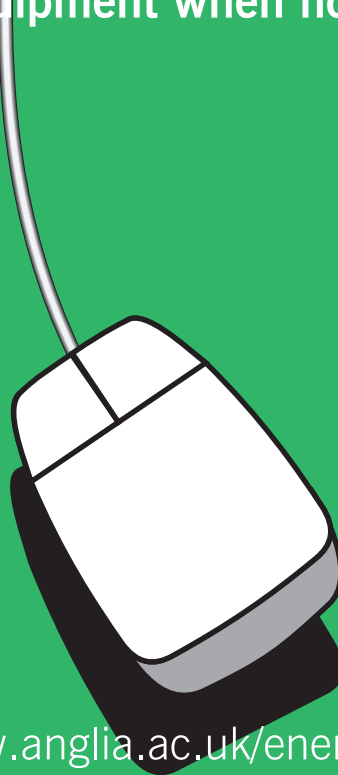
What can you do?

- Switch off your monitor if you are away from your desk for long periods of time
- Switch off equipment such as printers, PC's, monitors at the end of the working day
- Activate settings to switch your monitor off when not being used rather than screen savers which use more energy
- Use energy savings modes for your printer

Did you know...

Standby still consumes energy so it is always better to switch off all equipment after use.

Switching off non-essential equipment in an office overnight saves enough energy to run a small car for 100 miles.



www.anglia.ac.uk/energy

SWITCH OFF!