

SIMPLE ENERGY SAVING CHECK LIST

- Have a policy **to reduce, recycle and reuse:**
- Place a 'save-a-flush' or 'hippo' in all toilet cisterns
- Increase the number of energy saving light bulbs to 100%
- Take energy savings ratings into account when buying appliances: look for AAA
- Turned all appliances off rather than leaving them on standby
- Reduce heating temperature in the office – even by 1C
- Double glaze all windows. Triple glazing is now available
- Add loft/wall insulation if possible – this is a massive saving
- Can you install solar panels, photovoltaic cells or a wind turbine to generate electricity?
- Support staff in walking, cycling or using public transport to get to and from work
- Develop a carbon limited travel plan – both by car and when flying.
- Use Julie's Bicycle carbon offset programme for your travel www.juliesbicycle.com
- Or consider another reputable not for profit offsetting scheme
- Provide proper recycling points (paper, glass, plastics, metals as a minimum)
- Recycle electrical equipment
- Recycle printer cartridges (a charitable donation can often be generated per cartridge)
- Environmentally audit your supply chain
- Always buy products from sustainable sources – and use recycled products like paper
- Can you buy green power on a renewable tariff? See www.greenelectricity.com
- Have a policy to buy local products and save on food miles
- Always powerdown your computer when not in use. Don't use a screensaver and unplug peripherals and routers when not in use
- Can you use a green bank?
- Do a simple carbon footprint calculation for free at www.coinet.org.uk
- Check out the Energy Saving Trust www.est.org.uk 0800 512012
- Check out the free energy survey - the Carbon Trust www.carbontrust.co.uk 0800 833 6000

FACTS & STATS:

The Earth is now almost 1C warmer than it was 150 years ago

It is estimated that temperatures may rise by up to 6C over the next 100 years

The 5 hottest years on record have all been in the last 10 years

A 3C rise would turn much of Africa to desert and cause major problems in Australia (water shortages), the Amazon ecosystem (which would turn to Savannah) and the Indus River would run dry.

6C rise would be catastrophic – as the Earth warms the release of greenhouse gases such as methane actually increases – spiralling climate change out of control.

Greenhouse gases include CO₂, the most common, but also Methane, Nitrous Oxide, HFCs and CFCs. These can be far worse in terms of heating up the planet.

The Average person in the UK has a carbon footprint of 9.4 tonnes per annum (USA 19.8 tonnes, China 3.2 tonnes and Tanzania 0.1 tonnes).

Flying return to Australia would double the average UK citizen's footprint – emitting 10.86 tonnes of CO₂. A return flight to Spain is 1.28 tonnes and to the USA averages 4.6 tonnes.

Heating space accounts for 70% of premises energy use – and overall 14% of all greenhouse gas emissions in Europe.

Turning down the thermostat by 1C saves an average family 0.3 Tonnes CO₂. Think what you can do in the office

Insulation is by far the most effective way to reduce an office footprint – Basic loft / wall insulation should pay for itself in one year. Lagging hot water cylinders and pipes the same.

The Energy Saving Trust advise that an energy efficient boiler would give a 40% saving on energy costs

Get green power: Go to www.greenelectricity.org : Have a look at Ecotricity Ltd / Good Energy Ltd / Green Energy Plc.

Road transport accounts for 20% of all greenhouse gas emissions

Julies Bicycle can arrange environmental surveys and audits. See www.juliesbicycle.com

Free energy survey can be found at www.carbontrust.co.uk 0800 085 2005

A free carbon calculator can be found at www.coinet.org.uk 01865 727911

A EU carbon calculator can be found at www.mycarbonfootprint.eu

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