Top tips

- Switch off the lights when you leave a room and anywhere you see they are no longer need
- Power down your computer at the end of the day, over lunch breaks and while at meetings.
- Set your PC’s sleep mode to come on after 5 minutes and hibernation mode to come on after 30 minutes. Dim the brightness of your display screen.
- Set your printer to print on both sides of the paper by default and consider if it really needs printed at all.
- Thermostatic radiator valves left at position 2-3 will modulate to maintain comfort levels. Setting them higher will not heat the room faster.
- Obstructions in front of radiators will block the heat from circulating.
- Chargers should be unplugged as soon as possible.
- Make sure taps are properly turned off.

Optimising Power @ Work

Optimising Power @ Work aims to contribute towards the national 33% energy reduction target for the public sector in Ireland, reducing carbon emissions and cutting energy bills for each participating organisation.

For further information or to find out how your public sector organisation can join Optimising Power @ Work, please contact us:

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Energy Conservation Unit
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52 St. Stephen’s Green
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Computers and IT

- Switch computers off when not required. Even switching a monitor off over tea and lunch break prevents excessive heat build-up in a room.
- Reduce screen brightness. Default settings for screens on laptops, tablets or phones is often set high, consuming relatively large amounts of energy.
- Ensure in built energy saving software is activated. A screen saver is not a power saver.
- Equipment on standby can continue to use up to 70% of normal power consumption at no use. Set up sleep modes on all computers, copiers, fax machines and printers which they should go into after about 15 minutes or less.
- Use a laptop computer instead of a desktop computer where practicable. A laptop can consume up to 80% less energy.
- When purchasing new equipment make sure it is energy efficiency.

Electrical Equipment

- Keep refrigerators small and new. Old refrigerators tend to be heavy on the electricity and even more so if they are oversized for your needs. Consider rationalising them to a few mini-refrigerators.
- Check if holding temperatures in vending machines can be increased or switched off at night without compromising food quality.
- Use power strips or remote control sockets and attaching clusters of electronics that can be shut off at once to them. Then at night, or when shutting down the office for the day, flick off the power strip to effectively “unplug” everything at once.
- Use plug-in timers on water coolers and coffee machines where appropriate.