

# Energy facts and myth busting



You can use these messages in all sorts of ways and they are particularly effective with some groups. Use them on posters, on your intranet, send them out with payslips, put them on the bottom of emails or even on your in-house screens.

## Facts

- Turning your thermostat down by just 1°C can knock 10% off the cost of heating your office and you'll be unlikely to notice any difference in comfort.
- Switching off a typical fluorescent light for one hour in each working day will save 30kg of carbon dioxide emissions annually.
- Lighting an empty office overnight wastes enough energy to heat water for 1000 cups of coffee.
- A PC monitor left on overnight wastes enough energy to laser print 800 pages.
- A PC left running for 24 hours a day will use £70 worth of electricity over 12 months.
- A photocopier left on overnight wastes enough energy to print 1500 A4 copies.

Myth	Reality
Turning up the thermostat to well above the temperature required will heat up a room quicker.	No, a room will heat up at the same rate, whether the thermostat is set to 20°C or 25°C. If the thermostat is set above the temperature required, energy will be wasted once that temperature is achieved.
Heat rises.	No, hot air rises. Don't block radiators with furniture or other items – this prevents air circulating and could be a fire hazard.
When an appliance is left on standby, it's off and doesn't use any power.	No, many people assume electrical products are off when they are on standby, but the red or green LED light often gives the game away. In standby they continue to consume power. Be especially aware of equipment that has a remote control: this is a telltale sign that the equipment is on standby while waiting to receive the "on" signal from the remote. Turn appliances off at the switch, or better still, the plug socket when they are not being used.
It's better to leave fluorescent lights on rather than turning them off when you leave a room.	No, this consumes unnecessary energy. A fluorescent tube uses over 500 times more energy if left on for 15 minutes than the energy needed to restart it.
Turning a computer on and off frequently uses more power and damages the hard drive.	No, modern hard drives are not significantly affected by frequent shut-downs.
Leaving your PC screen switched on during the lunch break prolongs its life and doesn't waste much energy.	No, PC screen consumption can often represent at least a third of the electricity consumption in a modern office. Most of the wasted energy is given off as heat, and in an air-conditioned office half as much energy again can be used in getting rid of this waste heat in summer.
Screen savers save energy.	No, if you're going to be away from your computer for more than 5 minutes, switch your monitor off.
With global warming we won't need as much insulation in the future.	No, global climate change will not provide a nice even increase in temperature. It's likely to be accompanied by greater instability in weather, so homes will need just as much insulation to deal with cold spells.
Building a house that's comfortable and energy smart is expensive.	No, in many cases, good energy efficient design is cheaper in the short term and long term.