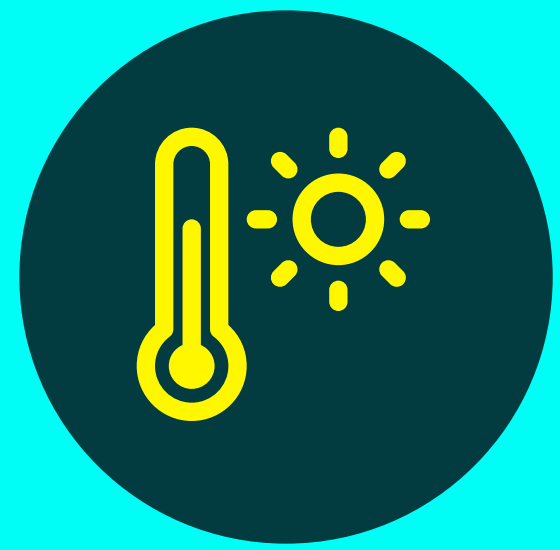
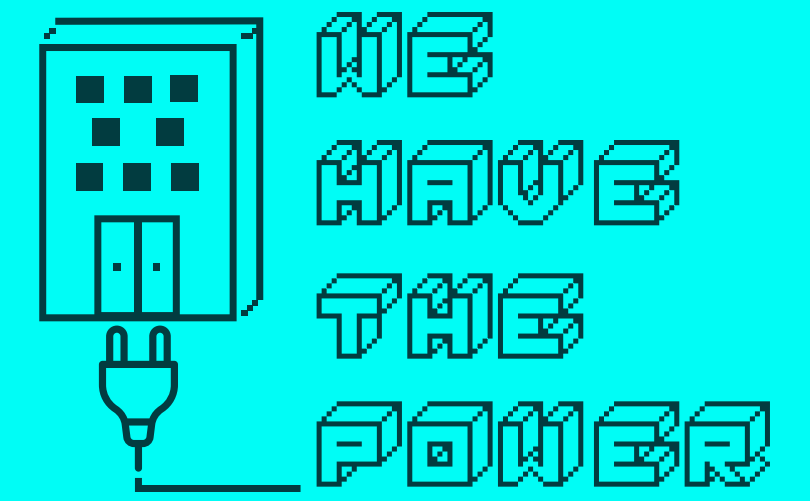
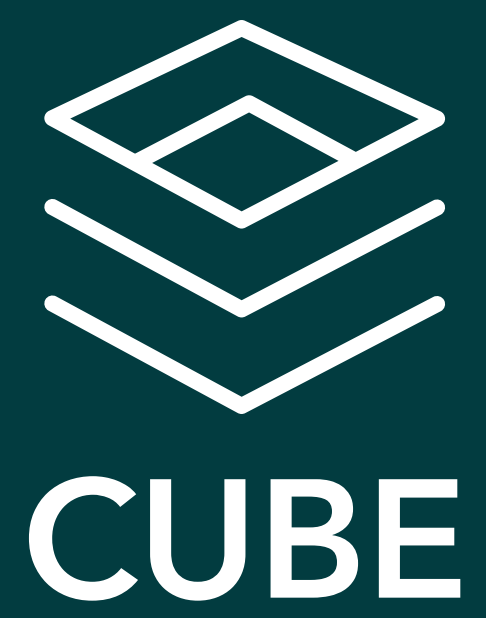


TOP TIPS TO REDUCE ENERGY WASTE IN YOUR OFFICE.



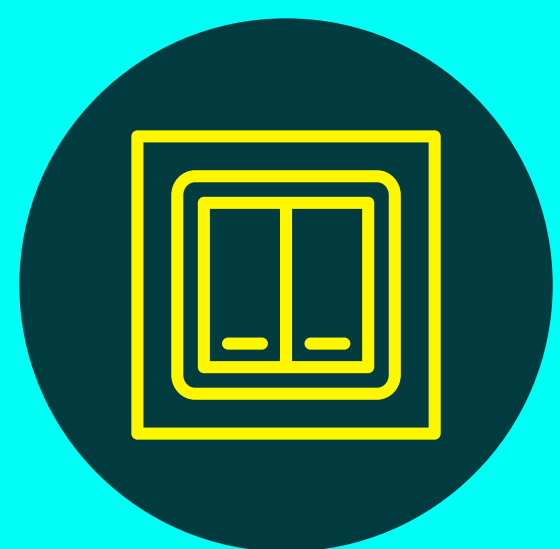
1. REDUCE TEMPERATURES BY 1-2C IN THE OFFICE

If all UK offices did, it would save **£95M** or enough to power **7 million** UK homes for a year.



2. INCREASE IT ROOM TEMPERATURE

UK buildings cooling IT rooms less would power **600** hospitals for a year.



3. SWITCH OFF LIGHTS OVERNIGHT

Doing this in a large office building can save enough to power 10 Downing Street for **67 years**.



4. SWITCH OFF PHOTOCOPIER OVERNIGHT

Over a year this saves the same amount of emissions as driving from Cambridge to Paris and back.



5. TAKE THE STAIRS, NOT THE LIFT

This burns more calories per minute than jogging and cuts up to **8%** of a building's energy costs over a year.



6. USE THE REVOLVING, NOT SWING DOORS

Revolving doors let out 8x less air - this could save large UK businesses around **£14,000** per year.



7. SWITCH OFF KITCHEN APPLIANCES

Save up to **£10** a year per kitchen appliance by switching it off on weekends and bank holidays.



8. TURN OFF COMPUTERS WHEN NOT IN USE

If all UK offices did, it would save over **£330M** per year in energy costs.



9. INVEST IN ENERGY EFFICIENCY

By upgrading your office building to energy efficient IT appliances, office lighting, and heating systems you can save **65%** on energy bills or around **£4,000** per year for small businesses.