



# KEEP CALM AND SAVE ENERGY

## YOU HAVE THE POWER TO TAKE ACTION

Turn off office or lab overhead and task lighting when leaving.

Use natural light, or daylighting, when possible.

Turn off monitors, printers, and office equipment when leaving for the day.

Unplug energy drains: battery chargers, power adapters, and small appliances.

Minimize use of personal fans, heaters, refrigerators, and coffee machines.

Use a laptop and save 50-80% over a desktop computer.

Turn off idle equipment.

Use the stairs – not the elevator.

Keep window vents clear of obstructions.

Purchase ENERGY STAR® products.

Go Green Get Healthy HHS



For more information see

<https://www.energystar.gov/sites/default/files/tools/eswork.swf>