NIH Environmental Management System

Take Action to Protect the Future

Power Down Your Office

Computers & Monitors

NIH is committed to using natural resources, including energy, responsibly. As the largest energy consumer in Montgomery County, we play an important leadership role in energy conservation. NIH's Energy Conservation program helps our employees contribute to energy savings by keeping them aware of energy issues and providing them with training and tools to reduce their energy. NIH employees can make measurable contributions to conserve energy conservation by using office equipment in an environmentally friendly manner.

Small Actions…

Here are some tips that you can do to conserve energy and lessen your impact when using computers and monitors.

- ✓ Never use screen savers.
- ✓ Turn off computers and monitors at the end of the workday.
- ✓ Recycle computers and monitors by contacting the NIH Property Utilization Branch. Call 301-402-6279 for collection.

…Result in Big Differences.

Does taking these small actions really make a difference?

Yes! By enabling the low-power or sleep mode feature on your computer or monitor, you could save energy, money, and protect the environment. The ENERGY STAR program calculates estimates that:

- ✓ Inactive computers with the low-power or sleep mode enabled can save $15 to $45 per computer annually.
- ✓ Inactive monitors with the low-power or sleep mode enabled can save $10 to $30 per monitor annually.

For more information, please contact:
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Power Down Features

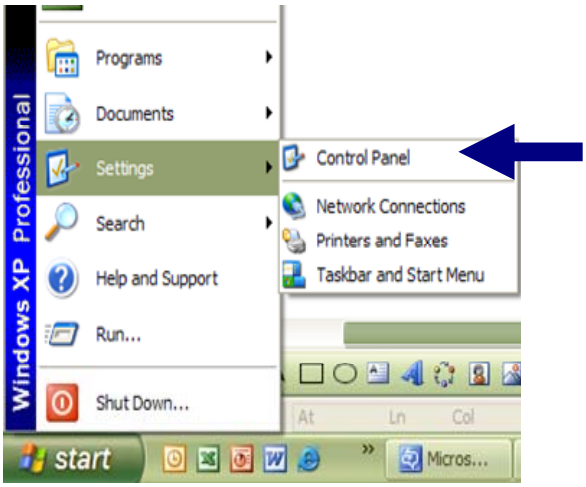
You can help conserve energy by activating the power down feature in ENERGY STAR computers and monitors, which will enter into a low-power or sleep mode when not in use.

Follow the simple steps below to enable computer and monitor power management features for Windows XP. Windows 95, 98, 2000, and 2003 have similar enabling instructions.

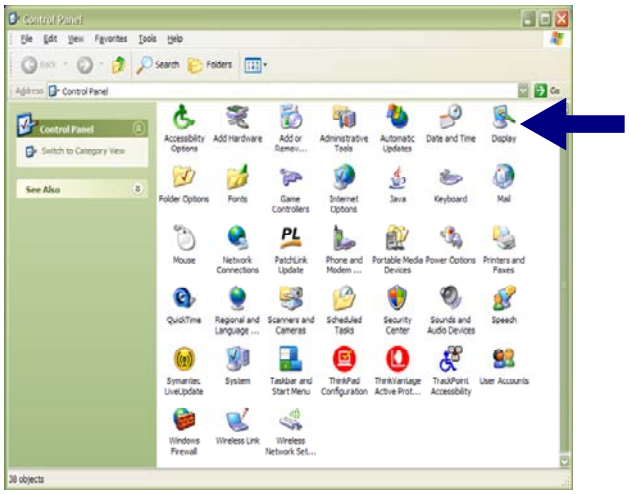
1. Click

at the bottom of the screen.

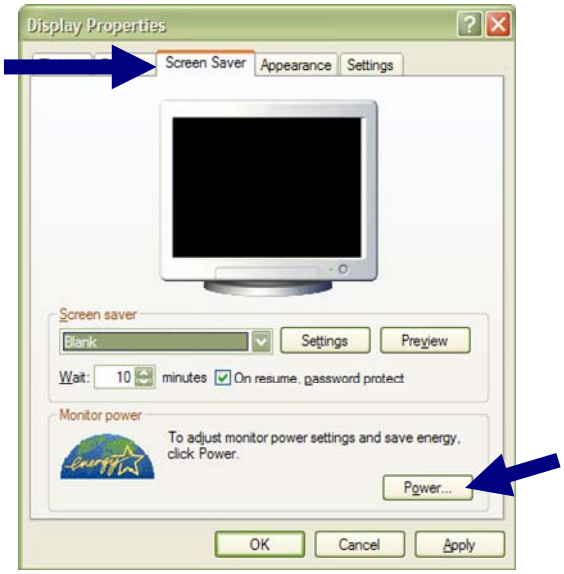
2. Go to “Settings” and click on “Control Panel”



3. Double-click on “Display”



4. Click on “Screen Saver” and Click on “Power”



5. Select the times:

- ✓ Turn off monitor: After 15 minutes
- ✓ Turn off hard disks: After 15 minutes
- ✓ System standby: Never