



February is Energy Conservation Month at NIDCD

Have you ever left your office or lab late in the day and looked back to see the building all lit up against the dark sky? The NIDCD Green Team recently evaluated our energy use in office spaces and found many opportunities for “turning down” our energy use.

These instructions are the first of several designed to provide guidance in implementing NIDCD’s Green Policy. The actions you should be taking to conserve energy are on the back of this sheet.

NIDCD’s Energy Objectives

To track our progress in greening NIDCD, the Green Team set objectives and determined our current status or baseline with an evaluation tool.

Our 2009 energy objectives are:

- Increase the number of lights turned off when a room is unoccupied and after hours to 90%
- Increase the number small appliances and equipment that are unplugged when not in use to 90%
- Increase the number of compact fluorescent light bulbs used in desk lamps to 100%

Can you believe...

- NIH spent \$130 million on utilities in FY2008.
- The 6.6 billion BTUs NIH consumed annually equals the amount of energy used by 53,000 homes.
- 40% of all electricity is used to power home electronics is consumed while they are turned off.



Next Month’s Topic: Recycling

Get Involved!



Green Hour: Kilowatt Ours

Come see a fascinating short film, *Kilowatt Ours*, that traces electricity from the outlet all the way back to the power plant. It discusses our dependence on coal-generated electricity and how we can make simple changes to conserve energy at work and home. After the film, we will discuss energy use and conservation at NIH.

The Green Hour is coming to you!

Executive Plaza South **February 10, 2009**
11:00 am – Noon
EPS conference room

Bethesda Campus **February 11, 2009**
1:00 – 2:00 pm
Bldg 31 conference room

5 Research Court **February 12, 2009**
Noon – 1:00 pm
5RC conference room

Got Ideas, Comments or Questions?

Contact the NIDCD Green Team Lead Catherine Langston (langstonca@nidcd.nih.gov).

Join the NIDCD Greenserve

Visit https://list.nih.gov/archives/nidcd_greenserve.html and post your environmental ideas and questions.





Energy Conservation in the NIDCD Green Policy

Take these simple actions to comply with the Green Policy and to do your part in making NIDCD more sustainable.

Turn off lights when not in use

Significance: Leaving a light on uses more energy than turning it on and off as needed.

Do Your Part: If you intend to leave a room for more than 10 minutes, turn off the lights. Use natural light whenever possible.

Turn off electronics, equipment, and power strips at the end of the day

Significance: Turning off electronics and equipment cuts costs and improves longevity.

Do Your Part: Plugging monitors, printers, and other equipment into a power strip can be an easy way to turn off multiple devices with one switch. Using a power strip allows you to completely disconnect the power supply from the power source. Designate a power strip connected to your electronics as the central "turn off" point. Read the "Powering NIDCD" fact sheet for additional guidance on using power strips and uninterruptible power supplies.

Energy conservation tips for electronics available in the April edition

Unplug equipment when not in use

Significance: Many electronics and equipment (e.g., cell phone chargers, fans, coffeemakers, and desktop printers) use a small amount of electricity when they are turned off. The energy used by equipment when not turned on is known as a "phantom load."

Do Your Part: Stop these phantom loads by unplugging the equipment or switching off power strips to cut all power to the equipment.

Use compact fluorescent light bulbs (CFLs)

Significance: CFLs are small fluorescent light bulbs that use 75% less energy and last up to 10 times longer than incandescent light bulbs, saving money on energy and replacement costs.

Do Your Part: CFLs can be purchased through at office supply stores. Do not place CFLs in the trash since they contain a small amount of mercury. If you need to dispose of a CFL, contact NIH Chemical Waste Disposal at 301-496-4710.

Use the stairs

Significance: Elevator motors require high amounts of electrical energy. Depending on type, capacity and usage, an elevator's yearly energy usage can equal the energy used to power 7 homes annually.

Do Your Part: Using the stairs will reduce energy consumption and provides exercise to sustain good health!

Use videoconferencing and teleconferencing options

Significance: Traveling to local meetings by car consumes fossil fuels and creates air pollution.

Do Your Part: Use videoconferencing and teleconferencing options as an alternative to local travel. If you must travel to a meeting, use NIH shuttles or public transportation to minimize your impact on the environment.



The NIDCD Green Policy is available at:
http://www.nems.nih.gov/teams/team_nidcd.cfm

