

How to save energy when working from home

The ultimate guide

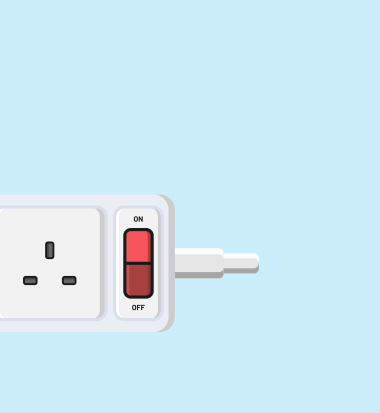
Let's take action and make small, easy, affordable working from home changes



My technology

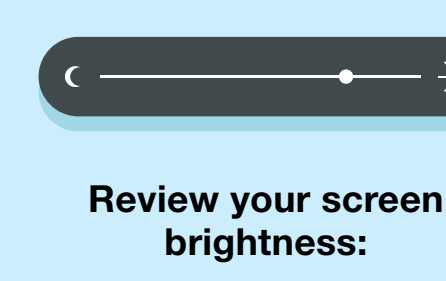
77% less energy to use a laptop than a desktop computer

Energy Saving Trust

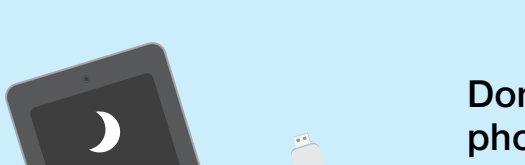


Turn off your computer completely at the end of the day.

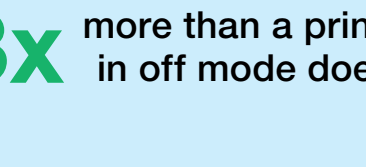
Computers still use **10-60%** of power even when on standby.



Use a power strip for your office equipment to easily turn multiple devices on and off at the wall, all at once.

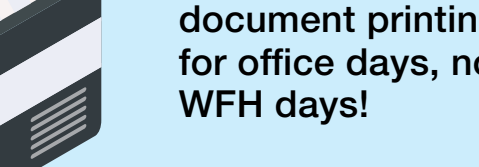


An average printer left on standby mode costs almost **3x** more than a printer in off mode does!



Review your screen brightness:

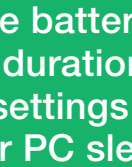
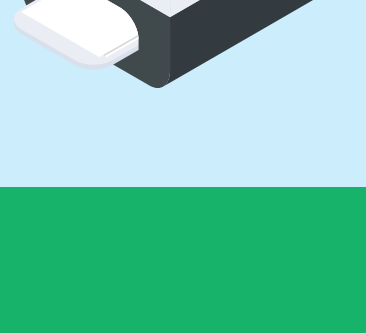
The very highest setting uses more energy plus it puts you at risk of eye discomfort and headaches.



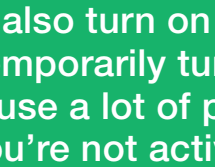
Don't charge your phone all night long! Mobile devices only take approximately 2-4 hours to fully charge. Anything over this is wasted energy.



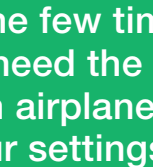
Save up any document printing for office days, not WFH days!



To save battery, set a shorter duration in your system settings for when your PC sleeps.



You can also turn on 'Battery Saver' to temporarily turn off some things that use a lot of power, such as apps you're not actively using.



For the few times you don't need the internet, turn on airplane mode in your settings too!

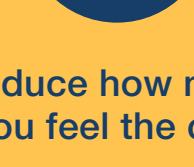
My body

To keep moving during your working day = win win win

If you get up from your seat frequently, change posture and move around your home, it could:



Boost productivity

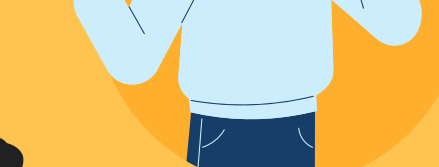


Reduce how much you feel the cold



Be fantastic for your overall physical and mental health

Walk around to take phone calls



Switch to a sit-stand desk



Get an office chair which enables movement



Climb the stairs



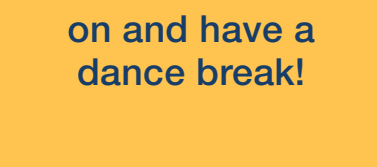
Do some stretches while watching a webinar



Compete with a friend for daily steps!



Stick the radio on and have a dance break!



Use a fitness tracker to count steps



“All it takes is a few minutes of cardio to feel the effect of exercise on body temperature. Do a different exercise at each doorway, like high knees, lunges and Brazilian twists. You'll get some steps in and get your blood pumping in the process”.

Alain Saint-Dic, personal trainer

My environment

Light

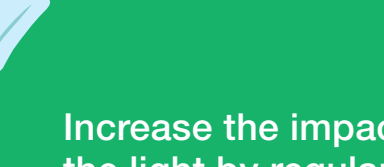


How about switching to LED light bulbs? They use up to **90%** less energy than conventional halogen bulbs. The 'lumen value' tells you how bright they'll be.

The average UK household electricity consumption made up by lighting: **11%**



Avoid dark lampshades - they can absorb some of the light a bulb emits.



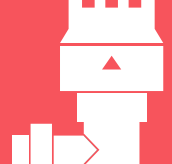
Could you use a desk lamp, instead of lighting the whole room?



Increase the impact of the light by regularly cleaning lampshades and fittings too.



Make sure your boiler is serviced (and the boiler flow temperature adjusted) and your radiators are bled.



Set downstairs radiator valves to number 5, and upstairs to 2, as heat will rise.

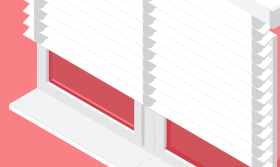
Lacey Plumbing and Heating



Only heat the rooms that you're using.

Minimize heat loss by **15-17%** By drawing your curtains at dusk (13-14% for blinds)

University of Salford



Move any filing cabinets and other pieces of furniture blocking your radiators.

Get a cheap rug to keep your feet warmer if you have wooden or tiled floors.

Save over **£330** a year By insulating your loft (in a mid-terraced house, £590 saving in a detached house)

Energy Saving Trust

This is the year to invest in a hot water bottle and a blanket... Microwaveable hand warmers are another option.



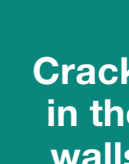
Biggest culprits for draughts



Doors



Windows



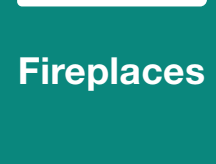
Cracks in the walls



Letterboxes



Skirting boards



Fireplaces



Loft hatches

Get a door snake draught excluder, for as little as £10. Seal window and door apertures with weatherstrips - you'll still be able to open them!

My lifestyle



Look after your working from home mental health, and if you're feeling isolated as well as chilly, go to your town's designated Communal Warm Place, a library, a gym or treat yourself to a sociable lunch in a cosy café.



Fuel your body with nutritious food at home too.

“A warm bowlful of porridge is a great way to start the day, giving you energy and helping you feel full longer. Try adding some dried apricots, raisins or banana to help you hit your five-a-day target.”

George Elliot, Hospital NHS Trust

Microwave ovens use up to **80%** less energy than electric or gas ovens.



“Whole grains such as oats are high in bran and fibre, which are slow to break down. The slow digestion releases warming energy and prevents spikes in blood sugar that can heat you up before quickly cooling you down.”

Dr Daniel G. Amen, Neuroscientist

Slow cookers are making a comeback - and with good reason. In terms of appliances, it's one of the most energy-efficient ways to cook. If you do want to use an oven:

- Avoid storing baking trays in it, as this limits the flow of air and increases cooking times.
- Clean it! A clean oven will reach the desired temperature faster.

Emily Seymour, Which sustainability editor



Only boil as much water as you need: it saves electricity and boils the water more quickly.

OR boil the kettle in the morning and keep remaining hot water in a thermos flask - to save the cost of boiling it again.

Regular hot drinks (and getting up to make them!) are a good idea to stave off the cold. Tried ginger tea? Ginger is loaded with antioxidants (compounds that can help prevent stress).



Wearing more layers of clothing in winter keeps us warmer than wearing just one thick piece of clothing, as the layers trap warm air between them. Perfect gift for a homemaker this winter? Cashmere fingerless gloves!



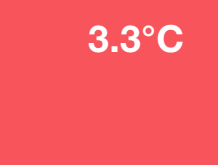
Temperature titbits



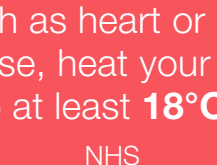
Highest mean annual temperature in the UK? **Isles of Scilly: 11.5°C** Fancy moving there right now?



Coldest UK temperature since 1961? **Braemar, Scottish Highlands: -27.2°C in January 1982**



Average UK daily temperature in January 2021? **3.3°C**



“If you're not very mobile, are 65 or over, or have a health condition such as heart or lung disease, heat your home to at least **18°C**.”

NHS

What next?

Explore the ergonomic equipment for homeworkers in the posturite.co.uk online shop: ergonomic chairs, laptop stands, compact keyboards, sit-stand-desks, reading lamps, monitor arms, headsets and more. Our ergonomic experts stand-by every product!

Visit the **Posturite homeworking hub** at posturite.co.uk/home-office